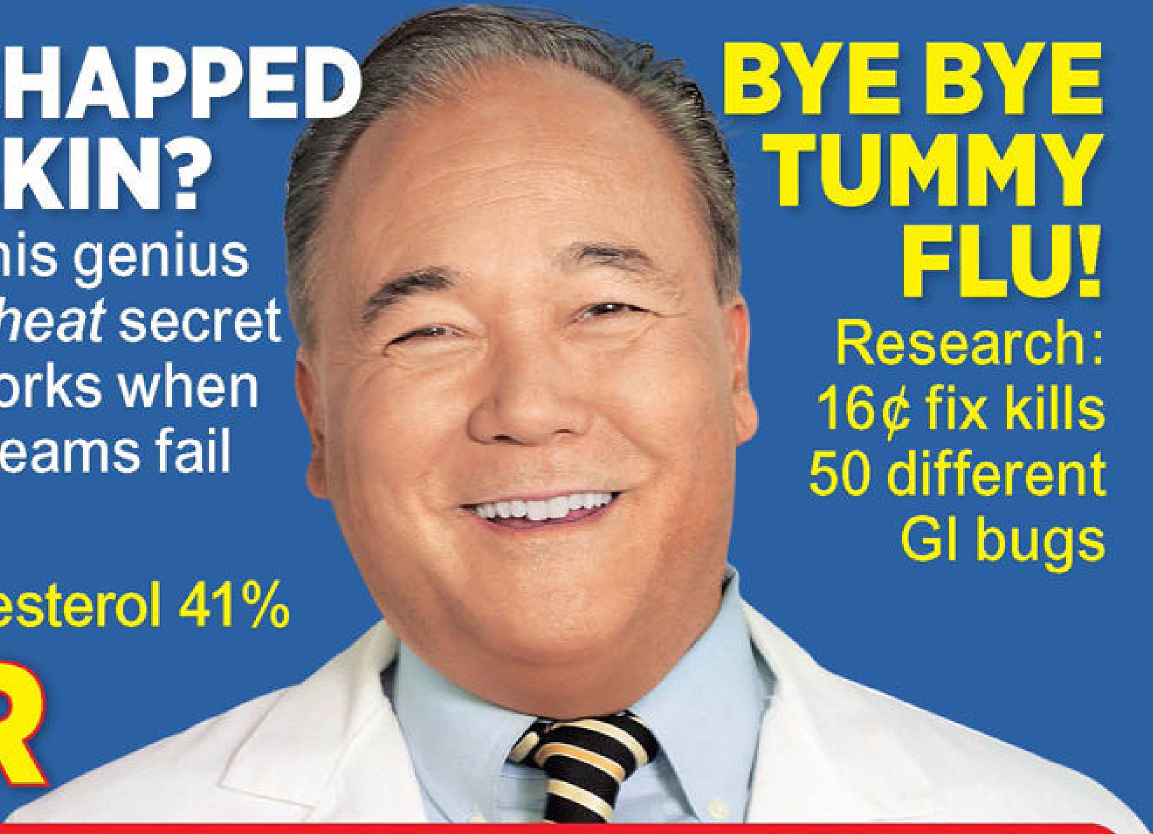
February 20, 2023
God Bless America

Woman's World

Make it a great week!

CHAPPED SKIN?

This genius *wheat* secret works when creams fail



BYE BYE TUMMY FLU!

Research: 16¢ fix kills 50 different GI bugs

Study: 'Royal' secret slashes bad LDL cholesterol 41%

WORKS BETTER than STATINS

DROP 23 LBS *IN 2 WEEKS*

EASIEST EVER WEIGHT LOSS

Dr. William Davis' creamy treat triggers effortless fat burn…for pennies a day!

Simple prep tip makes it 100x more powerful than anything you can buy

"I'm at a healthy weight for the first time at age 73!"

—Jane Bubnis, who cured her prediabetes, anxiety & heartburn

Just discovered: 1 whiff does it!

TURNS OFF CRAVINGS

Alert! Avoid *this* pricey misstep to

$AVE 94% ON HEALTHCARE!

Easy ways to say 'I love you'!

Quick, cozy comfort

$3.49

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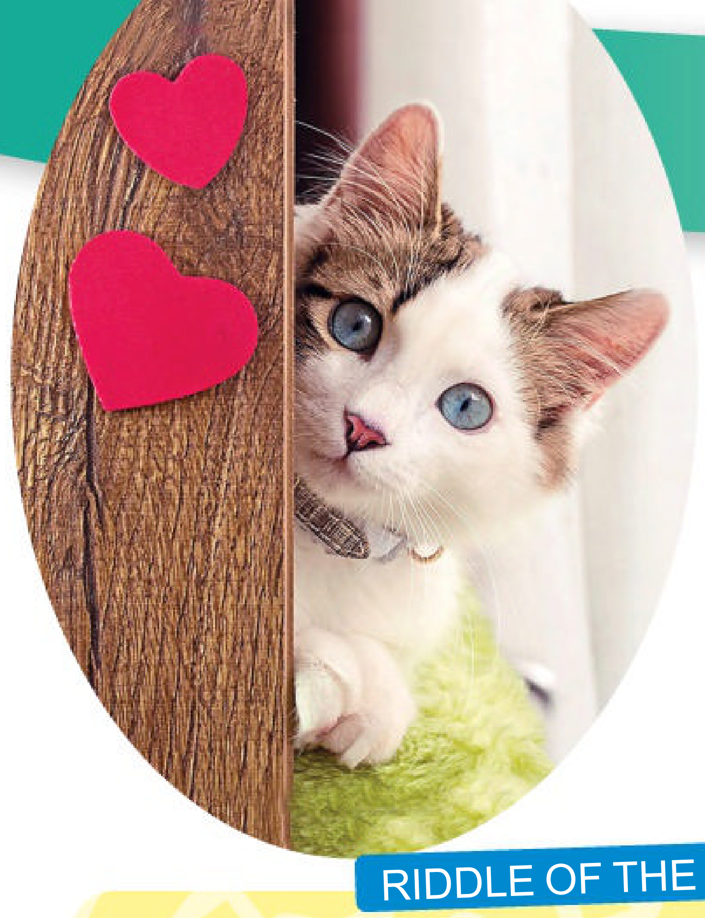
Fill your week



MONDAY, FEBRUARY 20 LOVE YOUR PET DAY

Have fun with Fluffy!

It's the *purr*-fect day to bond with your kitty! Cats have a reputation for being aloof, but if you speak in an exaggerated, high-pitched tone, yours will warm right up, say researchers in *Animal Cognition.* When they played recordings of people speaking, most cats only reacted when they heard their owner using a "baby talk" tone. The researchers say this is further proof that cats *are* attached to us, even if they don't always show it. With this way of speaking, you'll get your cutie's attention faster, which means more time for cuddles!

RIDDLE OF THE WEEK

Feel the burn

I am always hungry and will die if not fed, but whatever I touch will soon turn red. What am I?

Answer in lower-right corner

SUNDAY, FEBRUARY 19
NATIONAL CHOCOLATE MINT DAY

Minty delicious

Make hot cocoa even more *mmm* with mint! This easy-to-make recipe from the pros in the *Woman's World* test kitchen is packed with peppermint flavor—perfect for warming up on a chilly day.

To make Mint Hot Chocolate: Prepare 1 packet of hot cocoa mix according to package directions, using your favorite milk. Dissolve 1 Andes mint in the cocoa, stirring well to mix. Garnish cocoa with a peppermint rock candy stick and a sprig of fresh mint. *Makes 1 drink*

SATURDAY, FEBRUARY 25
NATIONAL QUIET DAY

Revel in peace!

This holiday is all about learning to enjoy silence. To get more comfortable with it, try having a quiet meal alone, suggests mindfulness teacher Sharon Salzberg, author of *Real Change.* "Instead of having the TV on or checking your email as you eat, focus on the taste and texture of the food. Then the quiet doesn't seem hollow; it enhances the intensity of the food." Or try experimenting with quiet time while washing the dishes. "Some of the most ordinary experiences come alive because we're not distracted." What's more, just 30 minutes of quiet time has been shown to improve mood for 2 hours!

HELP A HERO!

Support injured vets!

If you have gift cards for stores like Lowe's, The Home Depot or Walmart, consider sending them to Building Homes for Heroes! This nonprofit organization will use them to purchase supplies to help injured veterans and their families. Mail cards to Building Homes for Heroes, Inc., 4584 Austin Blvd., Island Park, NY 11558.

with smiles!

TUESDAY, FEBRUARY 21
INTERNATIONAL PANCAKE DAY

Layer on yum!

Celebrate this delicious holiday with bite-size pancakes layered with fresh strawberries, bananas and chocolate hazelnut spread.

To make Pancake Kebabs: Make silver dollar–size pancakes by dropping tablespoons of batter onto your griddle or pan. Set aside. To make each kebab, slide 1 strawberry onto a wooden skewer. Spread Nutella on one side of a pancake and slide onto skewer. Then add a banana slice and strawberry slice. Layer again with all three ingredients until skewer is full. Repeat process for multiple skewers.

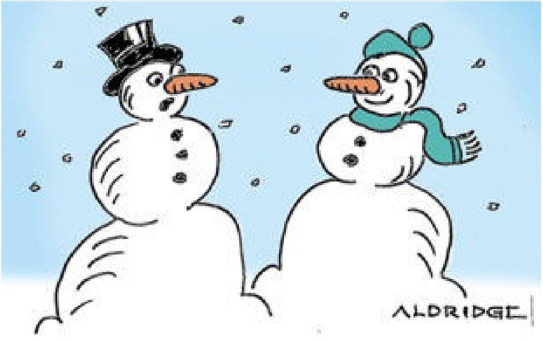
WEDNESDAY, FEBRUARY 22
PLAY MORE CARDS DAY

Boost brainpower!

When you gather the gals for a game of cards, you'll be doing more than having a good time—you'll be protecting your brain! That's the word from scientists at Chicago's Rush University Medical Center. They followed 2,000 people with an average age of 80 who did not have dementia, and found that those who participated in brain-stimulating activities (like playing cards and doing puzzles) several times weekly kept memory issues at bay for at least five years longer than those who didn't play. Other research has found that strategy games (like bridge) promote nerve growth in the brain region that helps process information to form lasting memories.

Adobe Stock (4); Shutterstock (2); Getty. Text: Shay Trotter

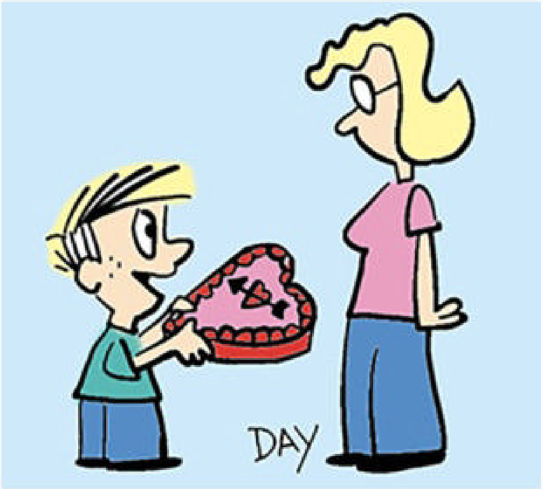
Start your week with a Laugh!



"Due to the carrot supply-chain issue, I had to settle for a parsnip!"

Q Why are hairdressers never late for work?

A Because they know all the short cuts!



"Don't worry, Mom, it's sugar-free—I ate all the candy"

Kids are fUnNy!

My husband and I were complaining about all the rain we were getting. After hearing this, my 5-year-old son, Adam, said, "What if we get a salami that comes and covers everything?" I laughed when I realized he meant to say tsunami!

—K.G., Kent, WA

Answer: Fire

WW

Relax and have

Ricki Lake was the host of *The Ricki Lake Show* for 11 seasons

PODCAST

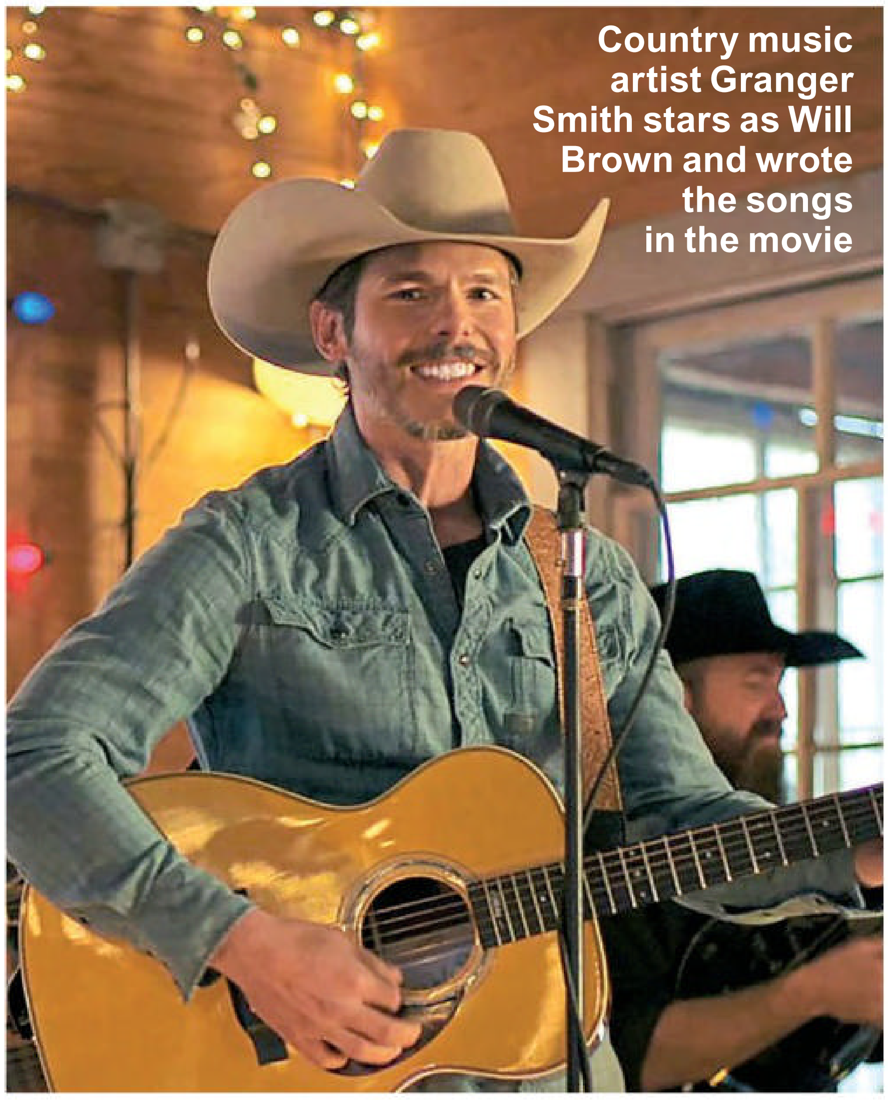
Lose yourself in nostalgia with *Raised By Ricki*!

Back in the 1990s, everyone settled down in front of the TV in the afternoon to watch *The Ricki Lake Show.* Now, Ricki herself revisits the iconic talk show and the era to which it belonged on her *Raised By Ricki* podcast. Each week, join Ricki, alongside TV personality Kalen Allen, to rewatch past episodes, reflect on all of the hijinks and even visit with cultural icons like John Waters and Andy Cohen, past producers, former guests, audience members and more. Hear it on Apple Podcasts, Spotify and Amazon.

PUREFLIX

Lift your spirit with *Moonrise*!

Based on a true story about hope, renewal, romance and family, *Moonrise* introduces us to former country singer Will Brown. After his wife dies in a tragic horseback riding accident, his grief sidelines his career and pushes him away from his three children, especially his daughter, Ellie. In an attempt to maintain a tie to her mother, Ellie is determined to ride the horse that her mom last rode. The thought horrifies Will, but when Samantha, a bright and talented horse trainer, arrives to help Ellie, she also helps Will gain strength and the grace to live again. Stream it now at PureFlix.com.



Country music artist Granger Smith stars as Will Brown and wrote the songs in the movie

TOURNAMENT OF CHAMPIONS
V

Which one of these chefs will win the $100,000 and take home the coveted belt?

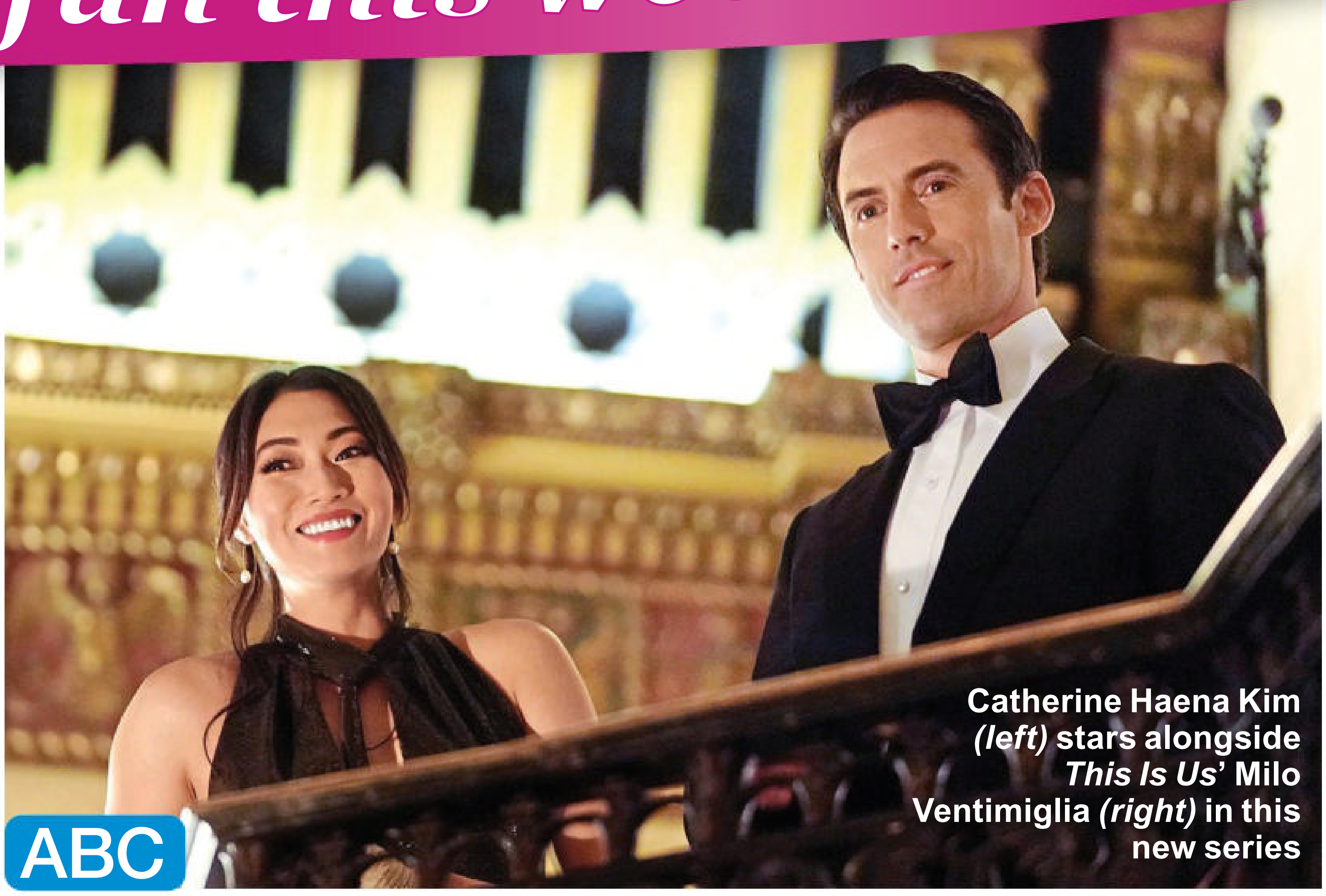
FOOD NETWORK

Cheer for a favorite chef in *Tournament of Champions*!

Join Guy Fieri and 32 talented chefs for the most difficult bracket-style food competition ever. Chefs from the East Coast and West Coast will battle it out in cooking challenges that get harder as the season goes on. This year, Guy added wild cards that up the skill level in each round. At the end of eight weeks, one chef will be crowned champion and win the $100,000 prize. The season kicks off February 19.

Shutterstock (3); Pureflix; Food Network; Eric McCandless/ABC; Adobe Stock; Getty; Everett Collection

fun this week


ABC

Catherine Haena Kim *(left)* stars alongside *This Is Us'* Milo Ventimiglia *(right)* in this new series

Take a wild ride with *The Company You Keep*!

Worlds collide after a night of passion leads to love between con man Charlie and undercover CIA officer Emma, who are unknowingly on a collision course professionally. While Charlie ramps up the "family business" so he can get out for good, Emma is closing in on the vengeful criminal who holds Charlie's family debts in hand—forcing them to reckon with the lies they've told each other so they can save themselves and their families from disaster. See the series premiere on February 19.

GAME APP

Delight in the fun with Bingo Blitz!

It's an exciting bingo game like you've never played before! Invite family, meet new friends, explore the globe as part of the game and pick up free daily coins and credits in the free Bingo Blitz app. The game combines a gorgeous design, multiple card play, power-ups for bigger prizes and even side games like slot machines and the bingo bonus wheel. You can also chat in real time with friends and family while you play. Fun for adults 21 and over. Download on Google Play and the Apple App Store.

BINGO
Blitz

UPTV

Feel your heart swell with *Luckless in Love*!

Fall head over heels with this rom-com that follows Winnie, a dating blogger who anonymously writes under the pen name Luckless. When her post about a disastrous date with Holden, a sports agent who refuses to settle, goes viral, her boss offers her a column on the popular lifestyle site Mush. Winnie has to keep dating Holden for content, but things get complicated when feelings develop and she finds out he has a teenage son. See it February 12.

It happened *this week!*

- ***It Happened One Night*** premiered in theaters in 1934, and went on to win five Academy Awards.

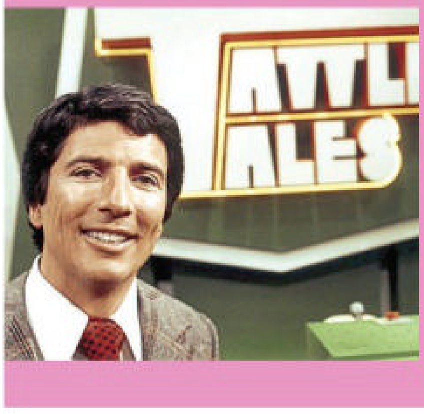
- Printed round Necco wafers were made into heart shapes in 1902, and **conversation hearts** were born!

- Elvis Presley debuted on the music charts with **"Heartbreak Hotel"** in 1956 when he was just 21 years old!

- DuPont began commercial production of nylon toothbrush bristles for the so-called **"Miracle Tuft Toothbrush"** in 1938.

Dr.We
TOOTH B

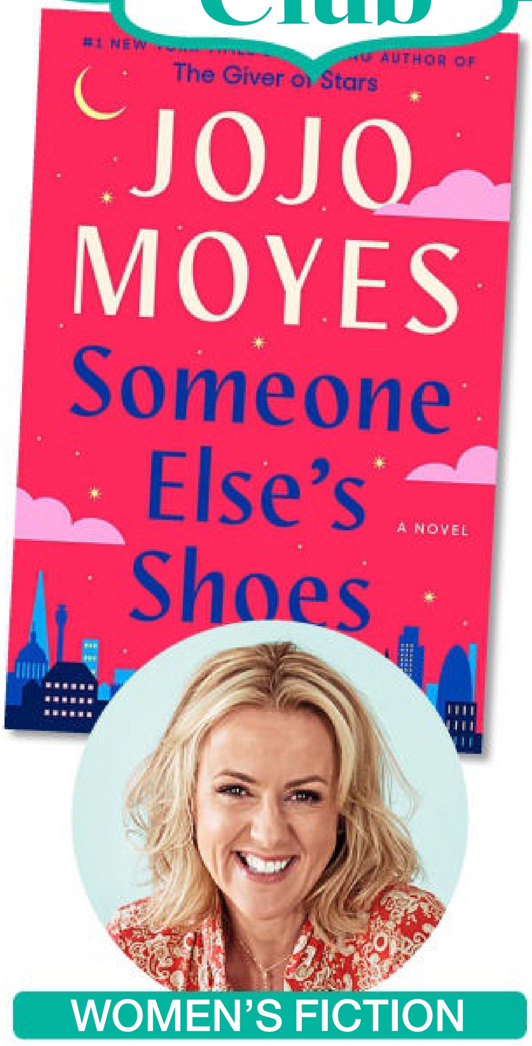
- ***Tattletales*** debuted in 1974. On the show, celebrity couples tried to match answers to win money for the audience.



Woman's World Book Club

This week's best new books

Fiction

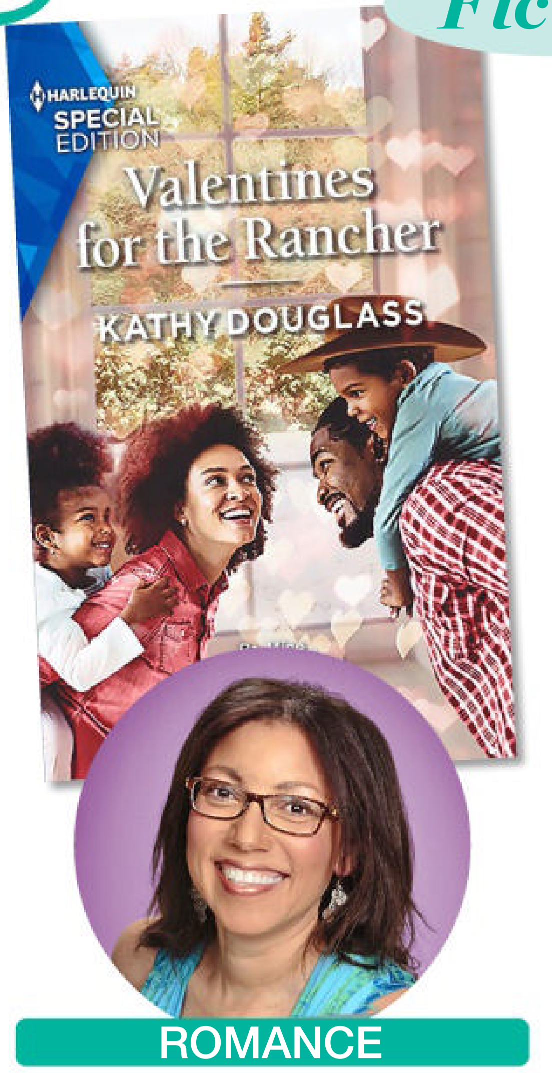

The Giver of Stars
JOJO MOYES
Someone Else's Shoes
A NOVEL

WOMEN'S FICTION

Someone Else's Shoes

by Jojo Moyes

Beloved author Jojo Moyes is known for her feel-good sagas—and her latest novel delivers all her signature charm. Nisha Cantor lives a high-end lifestyle, until her husband asks for a divorce and her expensive Christian Louboutin shoes go missing when Sam Kemp accidentally takes Nisha's gym bag. Meanwhile, Sam is struggling to stay afloat, but as she tries on Nisha's shoes, she learns how a mix-up can change *everything.*

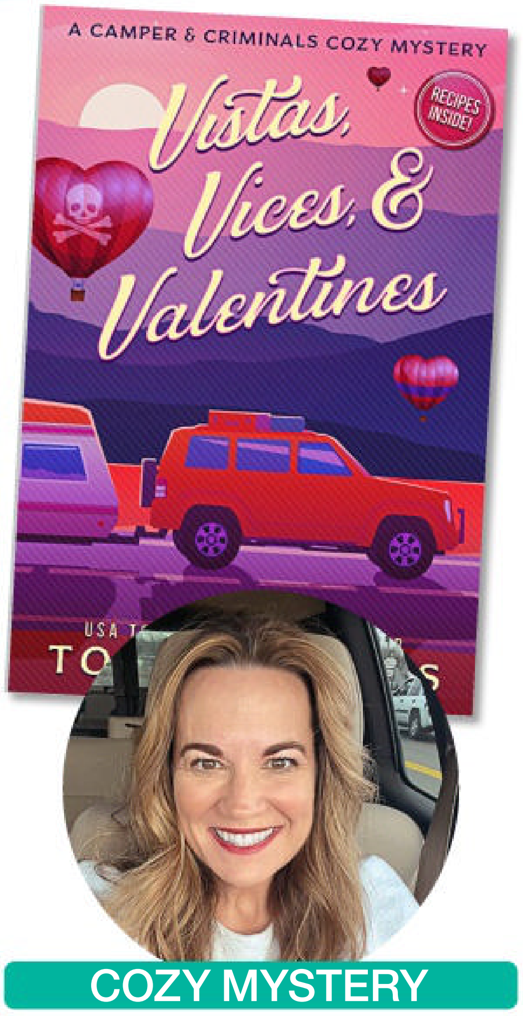

HARLEQUIN
SPECIAL EDITION
Valentines for the Rancher
KATHY DOUGLASS

ROMANCE

Valentines for the Rancher

by Kathy Douglass

Sweet and swoon-worthy, this tale stars Jillian Adams and Miles Montgomery, who grew up as friends and eventually became lovers—that is, until Miles broke things off. They both moved on, but a chance reunion brings them face-to-face years later, along with their children. As their kids become friends, Jillian and Miles try to overcome the past. Is a second chance at love next?

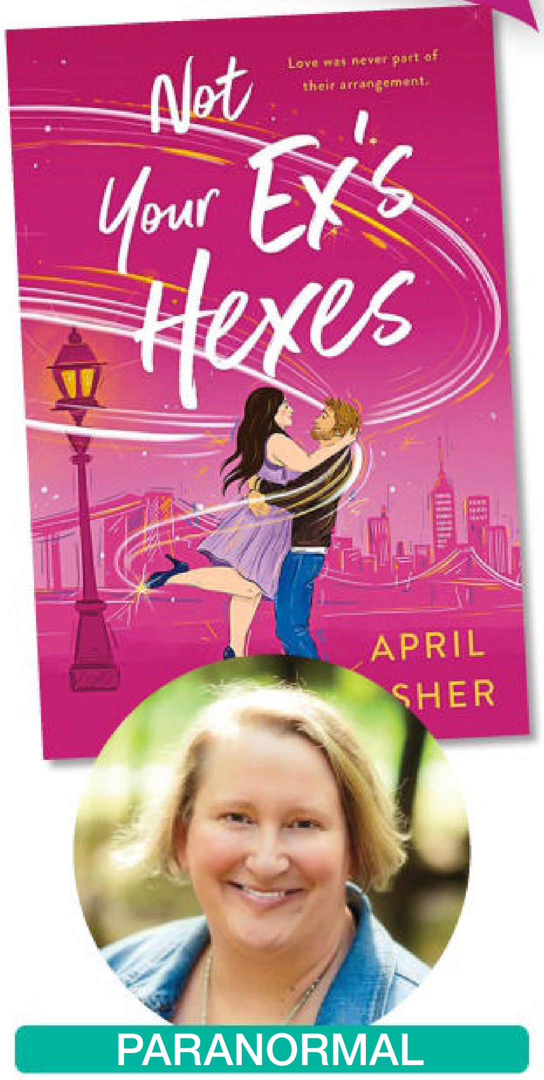

A CAMPER & CRIMINALS COZY MYSTERY
Vistas, Vices, & Valentines
RECIPES INSIDE!

COZY MYSTERY

Vistas, Vices, & Valentines

by Tonya Kappes

This too-cute, clever whodunit kicks off when Mae West and Hank Sharp take dance lessons for Valentine's Day—but then a dead body shows up and Hank is hired to investigate the crime. Hank asks Dottie Swaggert and Henry Bryant to go undercover as a dance competition couple. Soon, they discover deep feuds and must quickly tango with the suspects who might be willing to kill for the dancing title!

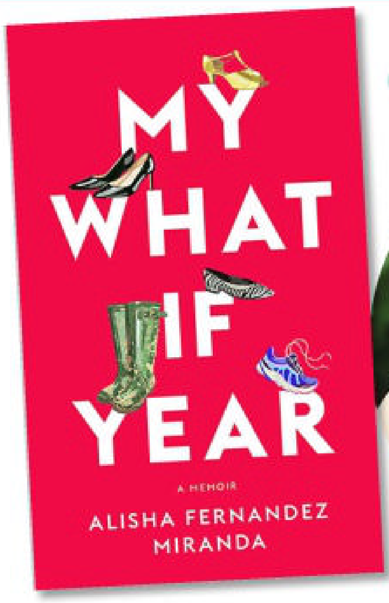

Love was never part of their arrangement.
Not Your Ex's Hexes
APRIL
SHER

PARANORMAL

Not Your Ex's Hexes

by April Asher

A magical adventure ensues in this fantasy rom-com! Witch Rose Maxwell stepped down from the Supernatural Council and is trying to put herself first…if she can ever stop thinking about her fling with Damian Adams, a half-demon veterinarian. After Rose is caught "freeing" horses at Damian's animal sanctuary, she's sentenced to community service at his rescue, and sparks fly. A battle of hexes, exes and true love.


MY WHAT IF YEAR
A MEMOIR
ALISHA FERNANDEZ MIRANDA

Nonfiction

My What If Year *by Alisha Fernandez Miranda*

If you're feeling stuck in a rut but aren't sure you have the time, money or courage to make a big change, this hilarious new memoir by ex-CEO Alisha Fernandez Miranda is the perfect escape. Overworked and exhausted, Alisha decided to put her career on hold to spend a year exploring the dream jobs of her youth—like working backstage on Broadway and waiting tables at a posh hotel. While most of us can't take a yearlong hiatus, Alisha's upbeat journey is a respite from the status quo, inspires us to ask, "What if?" and proves it's never too late to start over.

> **"I felt something being rekindled within me, a small flame that had been glowing softly, like a pilot light, waiting for a spark to ignite it again"**

Claudia Janke; Amie Otto; Sammy Tunis

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WW POWER OF LOVE

"Even a tornado for true love!"

"With so much loss after the tornado, finding the ring gave us all a reason to smile," says Dakota *(left)* with Lauren *(right)*

When the engagement ring he'd bought was swept away in a tornado, Dakota Hudson thought it was gone forever. But thanks to an outpouring of love from the community, the ring is now on his beloved's finger

"Dear Lord, please make it stop!" Lauren Patterson prayed as she, her boyfriend, Dakota Hudson, and his dad, Tim, huddled together in Tim's bathroom. The tornado was passing directly over the Paris, Texas, home, and they could hear creaking and snapping. Suddenly, the entire house was lifted off the slab, then dropped back to the ground. Then everything went silent.

"It's over," Dakota said, and as the three left the house they emerged into a wide swatch of destruction—including the new house Dakota was helping his dad build next door for his retirement.

After making sure all their neighbors were okay, the three returned to start their cleanup.

"I was finally going to be eligible for insurance next week," Tim sighed heavily, staring at his demolished dream house.

"It's like a broom swept everything away," Lauren, a 25-year-old nurse assistant, said, and a sudden chill ran down Dakota's spine.

A few weeks back, Dakota had purchased a beautiful engagement ring—he was waiting for just the right time to propose to Lauren. In the meantime, he'd stowed the ring in a closet in his dad's new house—the one that now lay strewn across the neighborhood!

"I have some bad news," he told Lauren, his eyes brimming with tears.

"What could possibly be worse?" she asked, and when Dakota told her about the lost engagement ring, she hugged him. "I don't care about a ring. I care about you. We're alive and safe."

Needle in a haystack

The next day, the trio, friends and relatives began clearing the debris. "I found this," Lauren's cousin, Paige, held up the top of a ring box. Hoping the ring might be nearby, the group scoured the area. But no luck.

PJC
PARIS
SOFTBALL

◀ The moment Dakota got the ring back, he fell to his knee, slipped it on Lauren's finger and proposed

Shutterstock

is no match

We're looking for a needle in a haystack, Dakota thought.

After the tornado, the community came together to help those affected by the storm, including 20 members of the Dragons, the Paris Junior College Women's softball team. They brought snacks and water bottles, and working their way up the street, helped gather far-flung clothes, toys and furniture that could be salvaged.

When they reached the Hudsons', Lauren's best friend, Kaila, announced, "There's a lost engagement ring out here somewhere—keep your eyes peeled."

Dakota stood up. "If anyone finds it, I'll propose right here and now," he added, and the softball team kicked into high gear.

"There's 20 of us—we'll find it!" the women rallied one another.

Love worked a miracle

The women worked for hours nonstop, clearing the site until there was little left but rocks and mud. The group spread out and began digging with shovels. All except outfielder Kate Rainey. She didn't know why, but she felt drawn to a particular spot and used her hands to scrape at the soggy soil. About 2 inches down, suddenly…

"What's this?" she exclaimed, rushing over to Dakota, clutching a mud clod with a hard center.

Dakota emptied his water bottle over her hand, exposing something sparkly.

Kate shrieked.

Lauren's heart thundered. "Could it be?" she blurted, and dashed over.

As she approached, Dakota dropped to one knee in the mud and held out the ring he'd feared was lost forever. "Will you marry me?" he choked.

"Yes! Yes! A thousand times yes!" Lauren sobbed, and as they kissed a loud cheer filled the air.

The couple is planning a fall wedding. In the meantime, Dakota is helping his dad rebuild his retirement home from scratch with the help of a GoFundMe campaign (bit.ly/3V8U0EE).

"Finding the ring was a little light at the end of the tunnel," says Dakota.

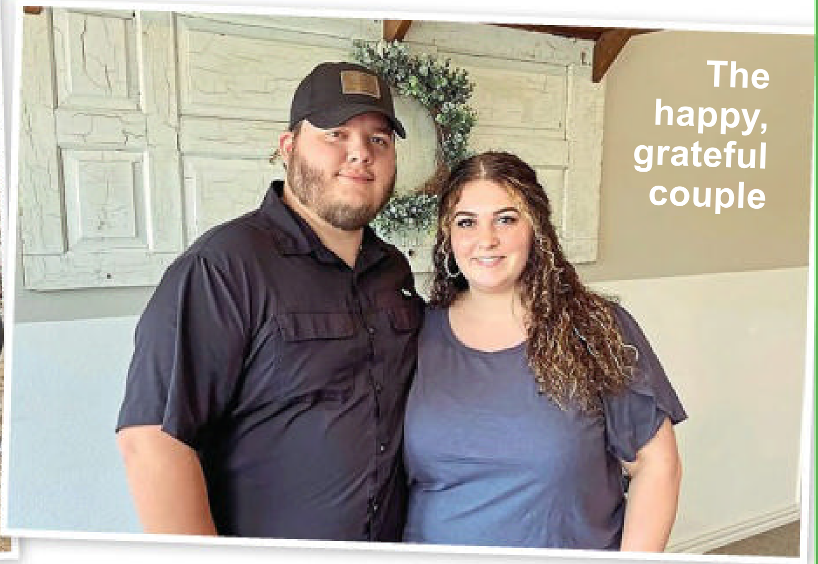
Lauren agrees. "So many lost everything. Finally, there was a reason to smile." But she notes, it is more than getting the engagement ring back that will always make the proposal extra special.

"The way the community banded together to support everyone," Lauren says. "It was beautiful to see so much love."

—*Bill Holton*

> *"The way the community banded together…it was beautiful!"*

The softball team that searched the rubble



The happy, grateful couple

3 ways to track down lost items—*fast*!

1 *Join a group!*

Log in to your Facebook profile and type "Lost And Found Items" in the search bar to join a group of more than 51,000 people looking for lost items. Create a post with information about your item and type "#Lost" to signify that your item has not been found. There's a chance a group member in your area may have found your item, and posts can also be shared to your profile to spread the word.

2 *Think like this!*

We are able to find lost objects faster by thinking of characteristics we can't actually see (hardness, softness), so says a study from Johns Hopkins University. How so? Cognitive neuroscientist Jason Fischer says, "If you are searching for a sweater, without any awareness you are able to avoid wasting time searching through hard objects and instead focus on the soft ones."

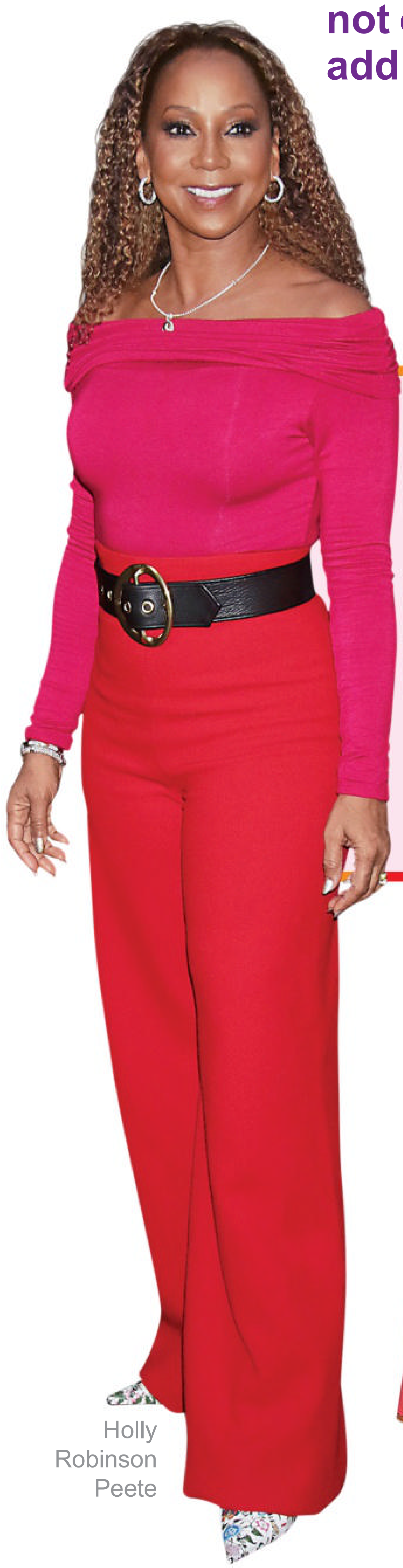
3 *Download this app!*

Download the app Find My to start sharing your phone's location with a friend. Then, if your phone goes missing, you can track it easily. Even more: Invest in a pack of tracking devices (like Beauty HAO Mini GPS Tracking Device, $8, Amazon.com). Put in your car, on a key ring or on your pup's collar. Then download the free app iSearching, pair each device and track items in seconds.

We'd love to print *your* inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

Beautiful in

This bold fashion strategy's solid, linear design not only flatters the figure, it's a fresh, fun way to add vibrance to your style any time of year



Holly
Robinson
Peete

Braided headband beautifully masks a bad hair day ▶
$18, Mudpie (Mudpie.com, "Velvet Braided Headband")

Steal Holly's style!
The standout combination of solids—flashy red trousers and a dramatic pink bodysuit—creates a column of slender from head to toe

Get the look for less:
$42, Guess (Dillards.com, "Amelia Long Sleeve Off-The-Shoulder Pull-On Top")
$54, NY & Company (NYandCompany.com, "High-Waisted Wide-Leg Pant")

Contrasting colors add playful pizzazz to an ultra-lightweight knit bag ▶
$46, Kaleidos (KaleidosMakeup.com, "Knitted Bag #3 Red and Pink")

◀ **Peep-toe platforms elevate both stature and ensemble with color and style**
$56, Unique Vintage (UniqueVintage.com, "Pink Suede Peep Toe Platform Heels")

Amanda
Holden

color blocking!

◀ Two-toned skirt can be worn casually with flats or sandals or dressed up with heels or wedges

$64, NY & Company (NYandCompany.com, "Satin Bias Cut Colorblock Slip Skirt - Lena")

◀ Bold hoops draw focus up to beautiful facial features

$27, Ink + Alloy (inkalloy.com, "Hot Pink Coral Color Block Small Hoop")

Elizabeth Hurley

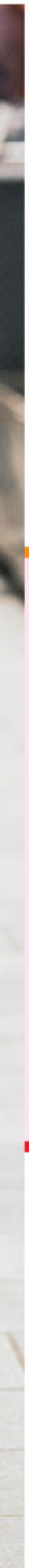
Steal Elizabeth's style!

Vertical columns draw the eye up and down to create the illusion of a longer, leaner silhouette

Get the look for less: **$19, NY & Company** (NYandCompany.com, "Colorblock Button-Front Dress")

◀ Turtleneck sweater skims easily over trouble spots for smooth and slim

$42, Pink Lily (PinkLily.com, "Be A Stand Out Orange and Pink Colorblock Sweater")



Steal Amanda's style!

Together, a button-up top's V-neckline and self-tie belt and a skirt's flowy fashion balance out the body to highlight feminine curves

Get the look for less: **$24, Hollister** (HollisterCo.com, "Long-Sleeve Twist-Front Crop Poplin Shirt")

$32, Belle Poque (Amazon.com, "A-Line Flared Midi Skirt")

Block-heel sandals boast elasticized straps to hold feet comfortably in place all day ▶

$51, Anne Klein (Zappos.com, "Anne Klein Ressa Heeled Sandals")

Paint on a pretty color block mani!

It's easy with this how-to from YouTuber HannahRoxNails

☐ **Red polish** *(like Wet n Wild in Red Red, $1, Walgreens.com)*

☐ **Line guide nail stickers** *(like VAGA White Guide Stickers, $4, Amazon.com)*

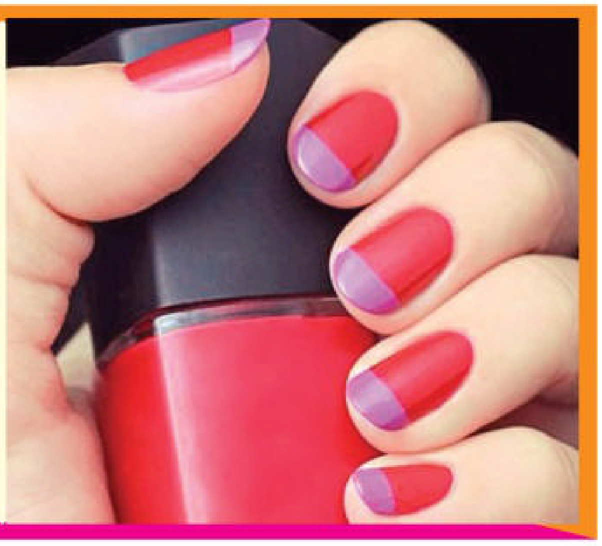
☐ **Pink polish** *(like L.A. Colors in Vacay, $1, Walmart.com)*

☐ **Clear top coat**

1 Paint all nails with two coats of red polish. Let dry.

2 Place a nail guide sticker on the middle of each nail, then paint tips with two coats of pink polish. Let dry; remove sticker.

3 Paint on clear top coat.



Instar; Getty; Shutterstock. Text: Maggie Dillard

The salty

A surprising household staple that reverses beauty bothers? Salt! Packed with age-defying nutrients, everything from sea salt to Epsom salts can easily help you look fabulous in a flash. Read on to learn how

Boost limp locks
with a sea salt shampoo

High amounts of calcium in sea salt draw moisture into hair follicles, plumping the diameter of each individual strand from the inside out. This infuses hair with long-lasting, natural-looking fullness!

■ **TRY IT!** Add 2 tsp. of sea salt to a dollop of shampoo. Massage onto damp hair from roots to ends. Let sit for 5 minutes before rinsing.

secret to stunning!

Banish bloat *with an Epsom salts bath*

Epsom salts' vitamins and minerals absorb into skin to help boost lymphatic flow and expel bloat-causing fluids and toxins. Pairing with peppermint oil (its menthol increases circulation to further boost lymph flow) speeds results.

■ **TRY IT!** Add ½ cup of Epsom salts and 3 drops of peppermint essential oil to a tub filled with warm bathwater, then soak for 20 minutes.

Soften rough skin *with this scrub*

Pink Himalayan salt granules gently slough off dead skin cells to remove dry, scaly patches of skin, like those on the knees and elbows. Plus, it has anti-inflammatory properties that help calm the itchiness or irritation that comes with dry skin. And combining it with coconut oil (it moisturizes) and honey (its exfoliates) leaves skin feeling softer and looking smoother even faster!

■ **TRY IT!** Mix 4 Tbs. of pink Himalayan salt, 3 Tbs. of coconut oil and 1 Tbs. of honey. Massage the mixture onto damp skin for 1 minute while showering, then rinse.

Lines + Angles; Shutterstock (3); Twinkle; Getty (3); Robert Milazzo. Text: Lauren Blum

Firm saggy skin *with an Epsom salts mask*

The sulfur in Epsom salts spurs the production of collagen to help make lax skin more taut. And adding in aloe deeply moisturizes and plumps skin so it stays looking youthful.

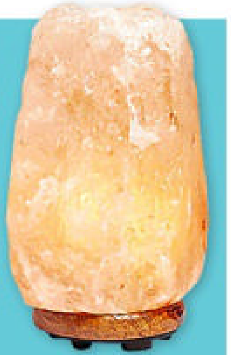
■ **TRY IT!** Combine ½ cup of Epsom salts and ¼ cup of aloe vera gel. Massage onto areas with saggy skin for 1 minute. Let sit for 5 minutes before rinsing.

Mend cracked heels *with a sea salt foot soak*

Sea salt's magnesium and potassium nourish and repair skin's barrier to treat cracked skin, transforming heels from parched and tough to silky-smooth. Even better? Antiseptic and anti-inflammatory agents in the salt prevent cracks from becoming infected while easing irritation.

■ **TRY IT!** Add 1 cup of sea salt to a basin filled with warm water. Soak feet for 15 minutes; pat dry and immediately apply lotion to lock in hydration.

Feel great *with a Himalayan salt lamp!*



Years ago, scientists noticed that folks who worked in salt caves deep in the Himalayas had fewer respiratory issues than those who didn't, a benefit they suspected was linked to the millions of tiny airborne salt crystals the workers inhaled each day. Now, studies have proven it: The salt emits unique ions that purify the air, neutralizing environmental pollutants to help prevent asthma and allergies. Plus, the ions increase energy levels and promote well-being! To reap the rewards at home, place a Himalayan salt lamp (the heat releases the salt particles into the air) on your desk or in your bedroom. **One we like:** Himalayan Glow Salt Table Lamp Natural (Target.com).

Natural ways to

Simple tricks to *lower* cholesterol

Good news! Keeping levels of LDL ('bad') cholesterol below 100 mg/dl lowers the risk of heart disease by 48% and stroke by 68%. And while research reveals hormonal changes that occur after menopause increase the odds of high LDL by 81%, the following natural strategies make lowering easy without meds

✓ Enjoy oatmeal *this* way

Stir diced apples and cinnamon into your morning oatmeal or spoon up apple crisp. The fruit's *polyphenols* curb inflammation that causes LDL to climb. That's why an Ohio State University study found that eating an apple a day cuts LDL by 40%. And cinnamon's *cinnemaldyhyde* smooths blood-sugar spikes that trigger LDL elevations. In an *Annals of Family Medicine* study, eating ½ tsp. of cinnamon daily lowered LDL by nearly 10 points in 18 weeks!

✓ Swap in sesame oil

Nutty-tasting sesame oil tastes great in chicken, veggie and noodle dishes. Plus, it lowers LDL levels by 600% more than olive oil does. So say researchers reporting in the *International Journal of Preventive Medicine,* who found the benefits after comparing folks who enjoyed 4 Tbs. of either oil daily. Sesame's *sesamin* blocks absorption of LDL in the intestines.

✓ Reorganize your fridge

Or refill your bird feeders! These little bursts of exercise activate enzymes that lower LDL by converting it into "good" HDL cholesterol. In fact, Australian scientists found that folks who got 15 to 20 minutes of exercise daily had LDL levels 25% lower than their less-active counterparts. You can also hit your daily exercise target by heading up and down the stairs or marching in place while waiting for the teakettle to boil.

✓ Take a 'royal' supplement

Bergamot, the citrus fruit that lends Earl Grey tea its distinctive flavor, drives down LDL levels. Italian scientists found taking 1,000 mg. of bergamot daily cut LDL by 41% in four weeks—an effect that's superior to some statins. Bergamot compounds, such as *neohesperidin* and *naringin,* blunt the action of an enzyme involved in LDL formation. Try: NAOMI Italian Citrus Bergamot, (NaomiW.com). —*Melissa Gotthardt*

Extra-Delicious Baked Apple Oatmeal Crisp

This warm, sweet treat lowers LDL levels by 40%

3 apples, cored, sliced
2 Tbs. lemon juice
1 tsp. ground cinnamon
1 cup oats
¼ cup almond flour
¼ cup brown sugar
¼ cup coconut oil
Vanilla ice cream

1 In bowl, combine apples and lemon juice; reserve. In food processor, add next 5 ingredients; pulse until crumb-like consistency forms.

2 Lay apples in bottom of greased 8" square baking dish; top with oat mixture. Bake at 350°F for 50 min. Serve with ice cream. *Serves 6*

This week's Radical Health tip

SURPRISING TRICK THAT SOOTHES CHRONIC ACHES AND PAINS

When you're out and about, try trading your rubber- or plastic-soled shoes for a pair with soft leather soles. Breathable leather allows your body to absorb the earth's negatively charged ions—enough to slash the body's production of pain-causing inflammation by a whopping 277%! Plus, these ions help neutralize the free radicals that promote weight gain, cardiovascular disease and insomnia. Live someplace warm? Get the benefits by walking barefoot on soil, grass or sand.

courtesy of Ann Louise Gittleman, Ph.D.
To receive 3 free Wellness Guides, order her new book, *Radical Longevity,* at RadicalLongevityBook.com

Note: Check with your healthcare provider before supplementing

Bye-bye, sugar cravings!

After regularly enjoying winter treats, the body starts to rely on sugar to feel alert and upbeat, leaving 87% of us with cravings for sweets. But curbing intake can improve blood sugar, speed weight loss, banish brain fog and more. And you can do it without feeling deprived!

To ward off cravings:

Wear a rosy hue

Slip on a pink scarf, cardigan or socks, and you'll nix sugar cravings without trying, suggests a U.K. study. The brain associates the color with sugary treats like cotton candy or icing, and keeping the shade in your sight line gives an effect similar to a lasting "sugar high." This leaves you energized and focused without relying on actual sugar for the boost, blocking the vicious cycle of cravings. Tip: While any color of pink is effective, a Barbie-pink shade curbs cravings significantly.

When cravings strike:

Sniff an orange

If chocolate truffles are calling your name, grab an orange and take a slow, deep whiff. Doing so tamps down cravings in under a minute. Research at the U.K.'s University of Leeds found that folks who smelled citrus calmed sugar cravings so effectively, they ate 60% less chocolate—even when they were encouraged to eat as much as they liked! Scent molecules in oranges travel from the olfactory nerves in the nose directly to the emotional center of the brain, boosting levels of *serotonin*—aka nature's appetite suppressant—leaving you satisfied and mentally sharp *without* the sugar rush.

To keep cravings from returning:

Play a quick game

Instead of white-knuckling your way through a craving, call up Candy Crush on your phone. British scientists found that folks who played 3 minutes of a video game crushed their cravings. The fine motor focus game-playing requires redirects attention away from the region of the brain where cravings are registered so you forget about them before they take hold. —*Ann Green*

Speedy relief from the stomach flu

Gastroenteritis is often caused by highly contagious bugs called *noroviruses* that trigger inflammation in the stomach and intestines, causing vomiting, diarrhea and cramps for up to 21 million folks each year. Plus, it spreads more easily in winter when we're cooped up indoors. For natural relief, just…

Shutterstock (3); Getty; Twinkle

✓ Sip ginger tea

You know it's important to stay hydrated, but nausea can make even water hard to keep down. Ginger tea to the rescue! Sipping a cup replenishes fluids while curbing GI inflammation to settle your stomach. An Italian study found both fresh and dried ginger cut vomiting episodes by 20% in folks with serious gastroenteritis, an effect the study suggests can make you 28% less likely to miss work due to stomach flu symptoms.

Nibble on berries

Eating ½ cup of fresh or frozen berries daily cuts gastroenteritis risk by 25%, say British scientists. Their *anthocyanins* boost immune activity in the intestines, fending off norovirus and other bugs.

✓ Follow the BRAT diet

Foods high in fat or fiber are hard on an ailing digestive system. But the BRAT diet (bananas, rice, applesauce and toast) fuels your body *without* overwhelming your GI tract. Plus, Stanford scientists say it eases diarrhea by firming your stool. For added relief, sip rice water. It has a binding effect on the intestines, nixing diarrhea faster than electrolyte drinks, a study in *The Lancet* found.

✓ Opt for a timing trick

Whether you're sipping water, tea or broth, proper hydration is key to flushing out the bugs that cause the stomach flu, say Cleveland Clinic experts. To keep your fluid levels up, set a timer to remind you to sip 1 oz. every 15 minutes. This slow-and-steady sip schedule keeps you hydrated, speeding your recovery by two days or more.

✓ Try olives *this* way

Supplementing with 3,000 mg. of olive leaf extract daily kills up to 50 different GI bugs, according to research out of Israel. Plus, it speeds recovery by up to two days. Olive leaf is rich in virus-killing *calcium elenolate.* Try: Carlyle Olive Leaf Extract (Walmart.com). —*Alex Fulton*

Natural cures for *your* winter skin bother

You don't have to suffer through painfully dry, itchy skin this winter. These remedies are even more effective than an Rx—yet 100% natural!

Chapped hands?
Hydrate with coconut oil

You can reverse dry, cracked skin and rebuild your hands' moisture barrier in just one day with coconut oil. Italian scientists say its compounds are 79% more hydrating than lab-created hydrators used in many hand creams, and they don't cause irritation. Tip: Apply after washing and drying hands to lock-in traces of water on slightly damp skin.

Rosacea?
Try tea tree oil

Most M.D.s prescribe effective (but pricey!) drugs to fight microscopic *demodex mites* that breed bacteria on the skin responsible for rosacea's painful red bumps and pustules. Luckily, a new study in the *Journal of Cosmetic Dermatology* found dabbing on 25% tea tree oil eliminates rosacea symptoms completely in 12 weeks (without the high price).

Psoriasis?
Calm with aloe

If you're prone to psoriasis, winter means a surge in uncomfortably itchy, scaly patches. But Swedish scientists found massaging aloe into skin three times daily cures psoriasis patches for 83% of folks. That's better than steroids, a Thai study found. The gel penetrates thickened patches to keep them hydrated, while aloe's *anthraquinones* calm inflammation responsible for flares.

Tip!

Southern California University scientists say dabbing a budding cold sore with *lysine* cream daily cures it within six days

Eczema?
Fake the sun

Cloudy days leave your body short on skin-healing vitamin D, which blocks eczema flares. To the rescue: a 5-cent dose of the "sunshine vitamin." Thai scientists say 2,000 IU of D-3 daily reduces eczema by 56%—that's better than some prescriptions! —*Ann Green*

Wheat cure-all

Skin feel dry and itchy no matter how much water you drink or lotion you use? French researchers found that women who took *wheat ceramide* daily rehydrated the deepest layers of their skin from the inside out, keeping skin three times more hydrated. One to try: Life Extension Skin Restoring Ceramides (LifeExtension.com).

Getty; Shutterstock; Adobe Stock

Stay Young with WW

Steamy secrets to beautiful

These treatments use your shower's steam to banish beauty woes *and* the blues

To ease congestion

Reach for fresh eucalyptus. Its *eucalyptol* clears nasal passages and soothes a sore throat when inhaled. Plus, its antimicrobial properties kill bacteria to speed healing. ***To do:*** Hang fresh eucalyptus stems from your showerhead; shower as usual.

To beat body breakouts

Try lemongrass essential oil. As shower steam opens your pores, the oil's astringent agents sink into skin to break down oil, dirt and toxins. ***To do:*** Add 15 drops of lemongrass oil to a damp washcloth in the corner of the shower; shower as usual.

To feel more joyful

Opt for ylang-ylang essential oil. The floral scent decreases blood pressure to ease feelings of seasonal depression and anxiety. ***To do:*** Fill a bowl with 2 oz. of water and 12 drops of ylang-ylang oil. Place on the ledge of the tub; shower as usual.

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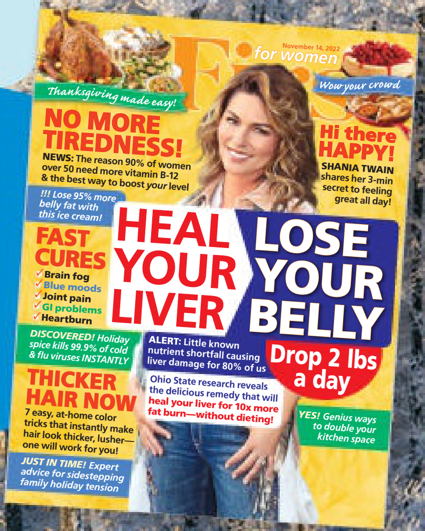
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Freedom from

If chilly weather, dreary skies and being cooped up indoors are making you feel achy, these natural fixes can limber you up—fast!

Nature's remedy for bumps and bruises

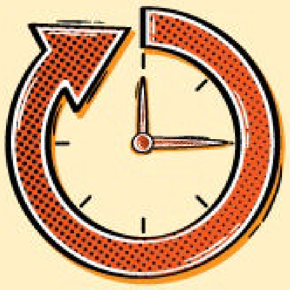
If you bump your leg into the coffee table or drop something on your foot, reach for arnica. The herbal extract brims with tissue-healing compounds. Swiss scientists say applying arnica gel to a fresh *ouch* halts pain and swelling in 5 minutes. And applying it four times daily for three days stops a bruise from forming. Try: MagniLife Arnica Pain Relief Gel (MagniLife.com).

Alleviate knee pain with EVOO massages

Between chilly temperatures, shoveling snow and trying to stay steady on icy sidewalks, it's no wonder knee pain flares up at this time of year. To the rescue: extra-virgin olive oil (EVOO). A study in the journal *Dermatology Research and Practice* found massaging EVOO into achy knees three times daily significantly tamps down swelling, achiness and stiffness. Credit goes to the oil's rich stores of a powerful natural anti-inflammatory called *oleocanthal.*

OR SET A 'BEND AND STRETCH' TIMER!

To quickly bounce back from a bout of knee pain, set a timer to remind yourself to gently bend and stretch your legs for 2 minutes each hour. This simple trick has the power to boost healing blood flow and loosen tight muscles and tendons, cutting knee discomfort in half, say Concordia University investigators.



Getty; Shutterstock (6); Adobe Stock; Twinkle; Jump. Text: Brenda Kearns

winter aches!

Heal sore muscles with a baked potato

Creamy mashed potatoes, crispy home fries, fluffy baked potatoes topped with a dollop of sour cream…spuds are one of our favorite comfort foods on chilly winter days. And research out of Canada published in the journal *Nutrients* suggests that noshing on a potato every day (as long as you eat the skin) can kick-start the repair and replacement of damaged muscle tissue as effectively as gentle exercise does when you're feeling sore. Investigators say that's because potatoes offer a unique mix of plant proteins, magnesium and potassium, nutrients that activate genes that repair tired, achy muscle cells.

OR DO A CARPET MARCH! No need to clock hours at the gym or brave long walks in the cold to keep muscles limber, relaxed and pain-free. It turns out even brief bouts of gentle, indoor exercise, like a 10-minute stroll around your living room, quickly loosen up stiff muscles, say Northwestern University investigators. Plus, you can cut your risk of future aches and pains in half if you do it twice daily.

End backaches with bubble baths

Bubbles act like foam insulation, helping your soak stay steamy for at least 20 minutes. And that steady warmth relaxes muscles and flushes inflammation. This cuts back pain by 75%, finds a study in the *Journal of Clinical and Diagnostic Research.* Plus, you can cut your risk of future back pain flare-ups in half if you enjoy four baths weekly.

OR GRAB A PILLOW! Sleeping on your back with a pillow under your knees (or on your side with one between your legs) eases pain by morning, say Australian scientists. These postures relax spasming back muscles.

Halt headaches with pre-meal sips

Dry air triples fluid loss through skin, and the resulting low-grade dehydration makes 75% of us more headachy. Your best defense: Drink 6 oz. of water 20 minutes before each meal and snack. Canadian researchers say that can halve your risk of head pain. Water sipped on an empty stomach is absorbed 75% faster and more effectively than water drunk with (or after) meals. This rapidly restores lost fluids, stopping pain before it starts.

OR CUE UP *FRIENDS*! Doing something that makes you happy each day, such as watching sitcoms or chatting with loved ones, curbs your headache risk by 60%, Norwegian scientists say. Cheer-boosting breaks make pain threshold soar, stemming off headaches.

Soothe feet with chamomile

A chamomile foot rub quashes discomfort in 15 minutes. Case Western Reserve University researchers say chamomile's volatile oils ease inflammation, relax tight muscles and calm pain nerves. Just mix 6 drops of chamomile oil into a dollop of your favorite lotion and massage into feet using circular motions.

OR DON SOCKS! A pair of cozy socks provides an instant boost of healing blood flow to achy feet. And that's enough to ease even throbbing pain in 20 minutes, Korean scientists say.

“CBD lowered my high blood pressure!”

With her BP soaring despite medication, Anita Moore feared she was headed for a heart attack, until she read about a remedy that she never thought of trying…and it turned out to be lifesaving

“I’m so happy I finally found something that works—it gives me peace of mind,” says Anita

Anita Moore listened in shock as an ER doctor detailed the life-threatening dangers of having high blood pressure one day in 2013. Dizzy and with her heart pounding, Anita had rushed herself to the hospital, worried she might be having a heart attack. She wasn’t. But with her blood pressure at 177/100, it was a real possibility, the doctor warned.

> *“CBD can safely treat a variety of symptoms”*
> —Mary Clifton, M.D.

Anita had been taking a mild dose of blood-pressure medication since the 1980s. Over time, the medicine became less and less effective and her readings had slowly crept up. But she never imagined it had climbed this high.

Her doctor upped her medication, and over the next few years, Anita’s blood pressure fluctuated. But in 2017, dizziness and a pounding heart sent her back to the ER, where she was told her blood pressure had again soared to a life-threatening 214/138!

Following an overnight stay in the hospital for tests and monitoring, Anita’s doctor increased her medicine to four pills a day. Still, her blood pressure never dipped much below 140/90. *There has to be another way,* Anita thought.

A surprising solution

Then in April of 2022, Anita read an article about how CBD oil, made with a compound found in the hemp plant, relaxes blood vessels to promote better blood flow, and wondered if it could help lower her blood pressure. Although she’d never considered using CBD, she was desperate to control her heart health. *I may as well give it a try,* she thought. *What have I got to lose?*

After clearing it with her doctor, Anita started taking 3,000 mg. of Blue Sky CBD Original oil ($106 for a one-month supply, BlueSky-cbd.com; similar CBD supplements can be found online for around $50), a tincture made from CBD oil isolate, which doesn’t contain THC, the chemical responsible for psychological effects.

Anita started taking half a dropperful under her tongue twice a day. At first, she wasn’t convinced it would help but was pleasantly surprised when, after about a month, her blood pressure began to inch lower, and six weeks after starting CBD, it dropped to 136/87. Anita continued using the oil, and her spirit soared when at her August 2022 checkup, her blood pressure was down to 131/81 and her doctor took her off her medication entirely.

“I’m so excited that I’m finally able to control my blood pressure naturally and preserve my heart health,” Anita, 70, says. “I used to get anxiety about having my blood pressure checked, and now I look forward to it because I know it’s going to be great!” —*Gina Roberts-Grey*

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Other natural ways to eliminate hypertension!

✓ Catch up with a friend

Having a once-a-week, 20-minute chat with an upbeat, supportive friend (or being social regularly) can lower blood pressure by 15 points, Swedish scientists reveal. The researchers say the strategy slashes cortisol levels to relax blood vessels.

✓ Sip a warming brew

The powerful antioxidants in fruity oolong tea improve circulation and widen blood vessels. In fact, research in *JAMA Internal Medicine* found that people who had at least one cup daily were 46% less likely to develop hypertension than non–tea drinkers.

✓ Season with *this* oil

A good starting point for lowering blood pressure: Drizzle sesame oil into soups, vinaigrettes or over popcorn. Research in the *Journal of Medicinal Food* found consuming 2 Tbs. of the oil a day can lower blood pressure by 22 points in two months.

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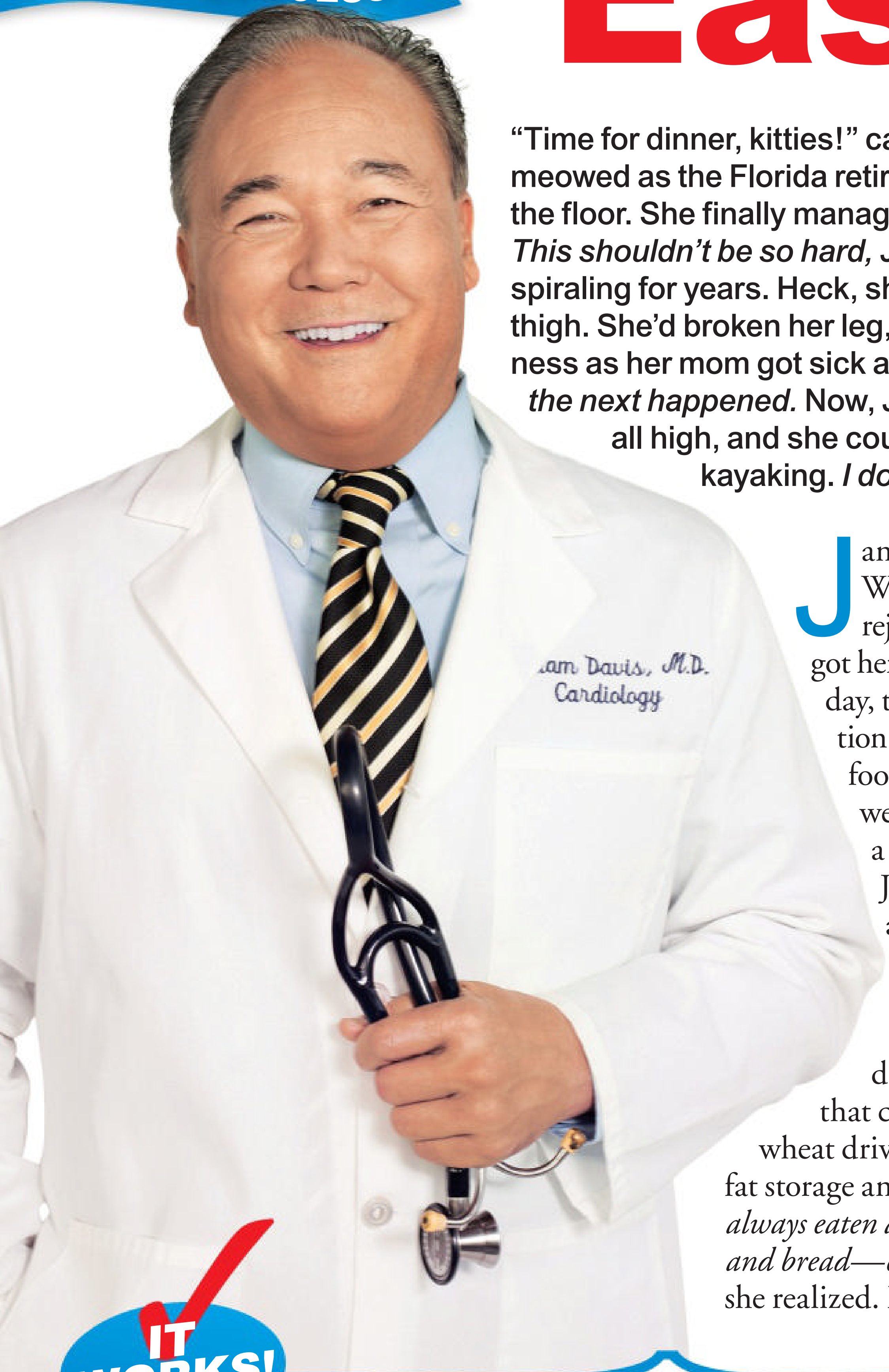

"Time for dinner, kitties!" called Jane Bubnis. Her cats Sassy, Shadow and Chestnut eagerly meowed as the Florida retiree gripped the kitchen wall and struggled to get their food on the floor. She finally managed, then had to squat for a bit and muster energy to stand again. *This shouldn't be so hard,* Jane thought, shaking her head. Of course, her health had been spiraling for years. Heck, she'd almost died from a blood clot in her lung. Then another in her thigh. She'd broken her leg, been diagnosed with a slow thyroid, dealt with stress and sadness as her mom got sick and passed. *I never had a chance to recover from one thing before the next happened.* Now, Jane's cholesterol, blood sugar, blood pressure and weight were all high, and she could barely manage everyday tasks—forget hobbies like golf and kayaking. *I don't want the rest of my life to be like this. But what can I do?*

Jane's first thought was Weight Watchers, yet she hesitated to rejoin a program that never got her lasting results. Then one day, the TV caught her attention. "Even many 'healthy foods' increase appetite until we can't stop overeating," said a doctor. *Interesting,* thought Jane, turning her focus to an interview with William Davis, M.D., author of *Wheat Belly* and *Super Gut.* Jane found herself nodding as Dr. Davis explained that compounds in modern wheat drive incessant hunger, speed fat storage and destroy our health. *I've always eaten a lot of wheat cereal, pasta and bread—even on Weight Watchers,* she realized. Dr. Davis said that if we get rid of wheat, "making healthy choices and losing weight becomes easy." Jane decided to see for herself.

First steps and sweet relief

As Jane read more about Dr. Davis' approach, she learned that farmers now grow drought-resistant wheat, and the stuff is loaded with protein called *gliadin* that can make blood sugar and appetite go haywire. "So you go wheat-free, and for good measure, you also skip processed junk and sweeteners that spike blood sugar," she told her friend Debbie, who had agreed to try it with her. It seemed doable since there were no portions to measure. "You eat things like veggies, nuts, cheese and meat until you're full."

And it wasn't zero-carb either. Dr. Davis allowed daily servings of beans and fruit. Jane jumped in. Day one, she had

IT WORKS!

BEFORE
AFTER

Jane lost 6 sizes!

"I used to eat from the time I got up until I went to bed. I felt the urge to snack constantly," recalls Florida retiree Jane Bubnis, 73. "Diets were rough for me. It was a constant battle, until I'd reach a tipping point and go buy donuts." Then she tried Dr. Davis' approach. "For the first time, I wasn't hungry! It was amazing. Making healthy choices finally felt fun and easy." And once she added homemade, probiotic-spiked yogurt, it got easier still. "My stubborn belly fat started to go. Plus, my skin, my mood, everything improved." Is making yogurt a hassle? "It's only about 5 minutes of prep work once you get the hang of it. And is it ever worth it!" Jane transformed her health and shrunk from a size 24 to a 12.

Simple meals

To eat Dr. Davis' way, start with a daily serving of DIY yogurt (recipes on page 26), adding low-sugar toppings, if desired. Stick to natural foods the rest of the time, building most meals with lean protein, plus lots of nonstarchy veggies and a little good fat. Emphasize fiber-rich fare, like greens and a daily serving of beans, since fiber 'feeds' probiotics and helps them thrive inside you. Avoid wheat, processed sweeteners and excess starch. We've got ideas for inspiration. More at DrDavisInfiniteHealth.com.

*Based on reports from individuals. Results vary. Dr. Davis' emphasis is on sustainable progress and overall health. As always, get your doctor's okay to try any new dietary strategy.

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Dr. Davis' miracle treat helps trigger effortless fat burn so we **lose up to 23 lbs in 2 weeks***

bacon, eggs, a bunless burger and a hearty Greek salad. She was amazed by how satisfied she felt. *Am I too full to lose weight?* she worried. But as her constant hunger lifted, she was dropping up to a pound a day.

The life-changing recipe

Weeks became months, and Jane's energy soared as she shed a steady 1 to 2 pounds a week. And even when her progress eventually began to slow, she still felt great and loved the food she was eating. So she just kept going, often checking out a Wheat Belly Facebook group for tips and recipes. Scrolling through comments one morning, she began to notice people saying crazy things about a new recipe from Dr. Davis.

"Look, Chestnut," she said with a laugh, as the cat hopped up beside her laptop. "This says that if I make my own yogurt, I'll get rid of my wrinkles!" It sounded silly—until she read more. Turned out, Dr. Davis had you make yogurt with special probiotics proven to help with skin, immunity, mood and fat burning. "You let it ferment on the counter about eight times longer than store-bought yogurt, so it ends up with a hundred times more probiotics," shared a Wheat Belly coach on Facebook, who said it made her hair grow stronger and injuries heal faster. *Dr. Davis has never steered me wrong,* thought Jane, ordering a yogurt maker and ingredients.

When her haul arrived, Jane followed instructions on Dr. Davis' website, blending crushed probiotic tablets, special fiber and organic half-and-half. She poured the mix into jars, popped them in her machine and set it to run at 106°F for 36 hours. When it was done, she chilled it, swirled in berries and spooned up a bite.

"I love it," she told Debbie. Then benefits kicked in, and she loved it even more. Within weeks, Jane's weight loss was in high gear again, her belly noticeably smaller, her skin smoother. Plus, she felt happier and slept deeper. Basically, everything got better.

How much better? "My doctor halved my blood pressure medicine and my A1C dropped to normal. My anxiety is gone. I don't need Tums anymore," she shares. "My mood is steady and good. I work out and have a ton of energy. The benefits of this lifestyle are incredible. I actually do things now and meet new people. I love life." In total, Jane has lost 51 pounds and six sizes. "At 73 years old, I'm in the 'normal' BMI zone for the first time since I was a kid!"

Yes!

In lab tests, the *L. reuteri* probiotics in Dr. Davis' yogurt wowed scientists by swiftly killing bacteria that cause cavities and gingivitis

Ren Lenhof/Studio 29 Photography. Grooming: Neda Stevic. Audrey Snow Owen.
H&M: Sebastian Ocobock. Adobe Stock; Shutterstock (2). Text: Michelle Abrams

that can transform your body

BREAKFAST

Top yogurt with your pick of berries, nuts/seeds, coconut, even grain-free granola.

LUNCH

Enjoy a large salad with a serving of chickpeas, some cheese and vinaigrette.

DINNER

Pair any protein with roast veggies and steamed cauliflower mashed with butter and cream.

What 'super yogurt' can do for you

Thanks to modern diets, medicines and toxins, "96% of us have inadvertently killed off at least one strain of gut bacteria crucial for optimal health," says health crusader William Davis, M.D. Searching for the best fix, he ended up revolutionizing everyday yogurt…

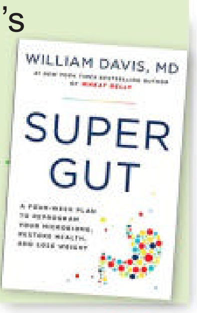
Creamy, dreamy + turbocharged

"Store-bought yogurt is made with cheap probiotics and is fermented just 4 hours," notes Dr. Davis. When you make yogurt his way, you use high-quality probiotics and ferment them in cream (right on your countertop!) for 36 hours. "Instead of yogurt with 3 billion so-so probiotics, you'll have *300 billion* of the very best probiotics." And that's why DIY yogurt delivers huge benefits. For example, strains the doc recommends (see recipe and how-to's on the next page) are linked to better mood, faster fat burn, rapid hair growth, youthful skin, accelerated healing, super immunity, lower stress, reversal of age-related bone and muscle loss, plus much more.

Results better than any pill!

"Commercial probiotic supplements are getting better, but for now, my yogurt is your best bet," says Dr. Davis. "It has a greater quantity of probiotics than most supplements, and there's no capsule or coating, so the probiotics get into your system faster and more easily."

So while you can benefit from supplements, yogurt is next level. Dr. Davis' patients report that weight loss becomes effortless and they shed up to 23 pounds in two weeks. "Plus, wrinkles disappear, mood soars, sleep deepens and health problems fall away," he says. "It's really enough to turn back the clock 20 years!"



Learn more in *Super Gut* or at DrDavisInfiniteHealth.com

Turn for miracle yogurt recipes ▶

100% healthy *with miracle yogurt!*

This slimming and healing trend is fun and delicious—and it's easier to make than you think!

Making yogurt "is really a simple process, the results are delicious and the health effects, spectacular," says *Super Gut* author William Davis, M.D. He says beginners can make their yogurt with just one probiotic called *L. reuteri.* "This strain alone delivers smoother skin, accelerated healing, higher energy and a more relaxed and happy mood."

Women like 51-pounds-slimmer Jane Bubnis say *L. reuteri* yogurt is all they needed to transform their body. But you've got other great options too…

Extra healing + slimming

"Homemade yogurt can be customized to suit your specific health goals," says Dr. Davis. For example, you can add *L. gasseri BNR17.* This probiotic strain helps with stubborn GI issues "and really targets your waistline, helping you take off about an inch and a half just by eating the yogurt, even with no additional lifestyle changes." Since fat is replaced with taut muscle, the scale may not change, but track your measurements and prepare to be wowed!

Have joint pain? Consider including *B. coagulans GBI-30,6086.* "This specific strain gives people true relief," Dr. Davis says. "You'll just have so much energy, and you'll want to be more active, so it helps with weight loss too."

Yogurt making 101

To get started, you'll need a device that can maintain 106°F for 36 hours. That's the perfect time and temperature to ferment your ingredients and create the most potent results. (If it's too cold, the probiotics won't grow; if it's too hot, they die.)

Dr. Davis' devotees report getting best results with a *sous vide* gadget, which provides a precisely heated water bath and not only makes yogurt but also perfectly cooks veggies and meat. We like the Instant Accu Slim Sous Vide 800W Precision Cooker, $100, Amazon.com.

Prefer a cheaper option? Go for a yogurt maker that lets you fully control time and temperature, like Suteck ($42, superstores). You may want to use a thermometer to test the yogurt temperature after it's fermented an hour; adjust if it gets too hot.

Once you have your device, simply follow the recipe below. You can find more information at DrDavisInfiniteHealth.com. Says the doc, "I have made countless batches of this without a single failure. You absolutely can do this!"

Here's how to make your own life-changing yogurt

Use up to three different strains of probiotics in your yogurt to turbocharge results. Serves 8

- 10 BioGaia Gastrus *L. reuteri* tablets, crushed
- Contents of 1 *L. gasseri BNR17* capsule (optional)
- Contents of 1 *B. coagulans GBI-30,6086* capsule (optional)
- 2 Tbs. prebiotic fiber, such as Now brand inulin powder
- 1 quart half-and-half or coconut cream (such as Savoy brand)

STEP 1 Stir together probiotics, fiber and 2 Tbs. of milk/cream until dissolved (this prevents fiber from clumping). Stir in remaining liquid.

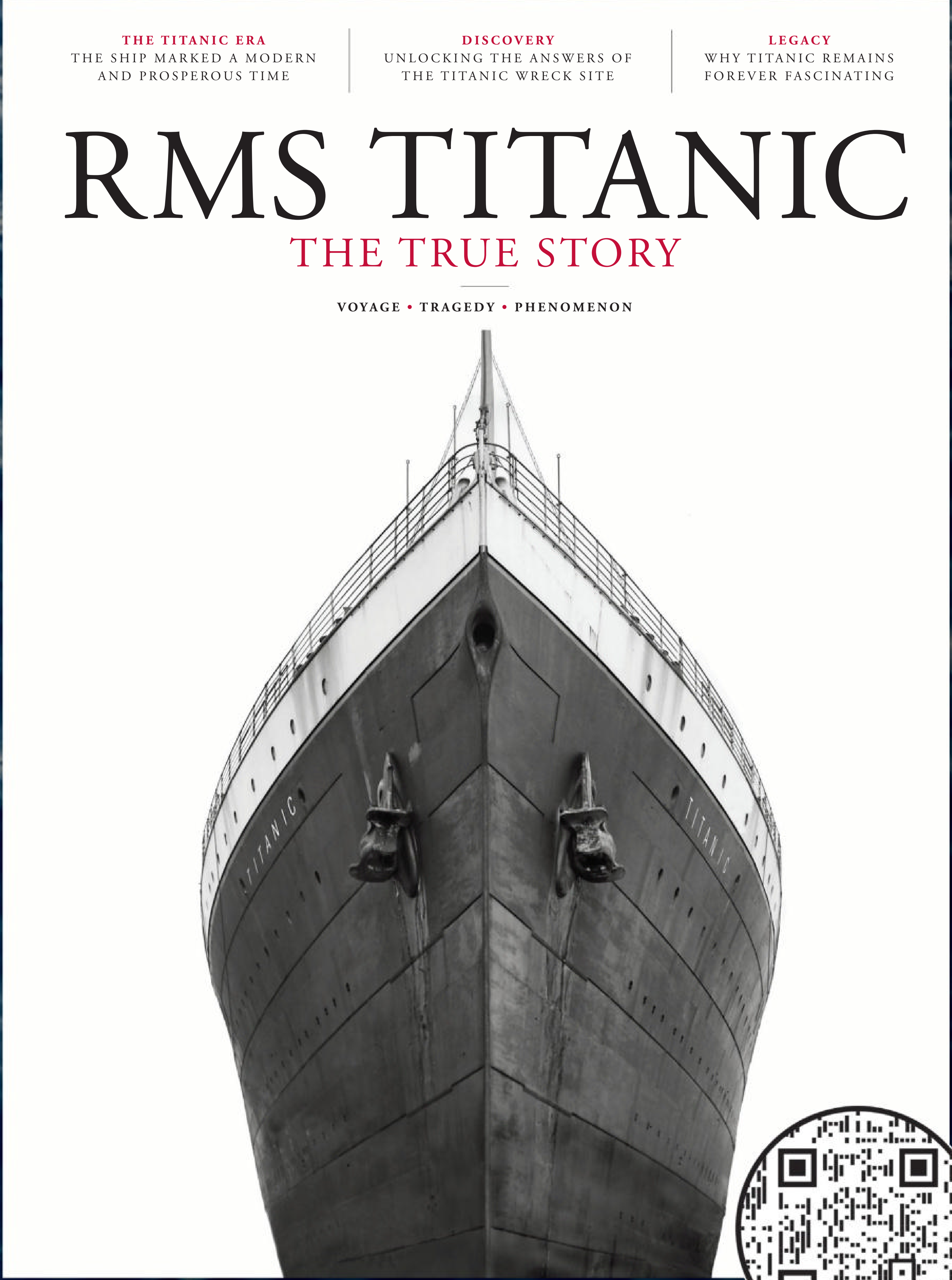
STEP 2 Divide mixture among glass jars that fit in your device or a large pot for sous vide method. Cover jars *loosely* with plastic or a mesh screen top.

STEP 3 Add jars to yogurt maker or pot with water an inch or two from jar tops. Set device to heat at 106°F for 36 hours (48 hrs. if using coconut cream).

Adobe Stock

Money saver!

No need to keep buying probiotics over and over! Once you've made yogurt, just save a couple dollops to use like sourdough 'starter' for your next batch. To do: Use 2 Tbs. of yogurt in place of the supplements called for in the recipe at right.



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WW BAKE UP BLISS

Make everyone feel *extra* loved!

Red Velvet Cheesecake Brownies

Swirls of jam in the white chocolate topping give these bites even more irresistible fruity flavor

1	(18.3 oz.) pkg. dark chocolate fudge brownie mix
2	eggs
½	cup oil
2	tsp. red liquid food coloring
4	tsp. unflavored gelatin
1	cup heavy cream
2	Tbs. + ½ cup sugar
2½	(8 oz.) pkgs. cream cheese, at room temp.
4	oz. white chocolate, melted
¼	cup seedless raspberry jam, stirred

- Heat oven to 350°F. Line 13"x9" baking pan with enough foil to overhang sides by 2"; coat with cooking spray. Prepare brownie mix according to package directions with eggs, oil and ⅓ cup water. Stir in food coloring. Spread in pan. Bake until toothpick inserted in center comes out with moist crumbs clinging, 15–20 min. Cool.

- In microwave-safe bowl, stir 3 Tbs. water into gelatin; let stand 5 min. On medium-high speed, beat cream and 2 Tbs. sugar until stiff. Transfer to medium bowl.

- On medium, beat cream cheese and ½ cup sugar until smooth; beat in chocolate. Microwave gelatin until melted, about 15 sec.; stir in 1 cup cream cheese mixture. Stir into remaining cream cheese mixture; fold in whipped cream. Spread evenly in pan. Dollop with jam; swirl. Cover; chill until firm, 6 hrs.

- Using foil, lift cake from pan. Using 2½" heart-shaped cutter, cut out shapes (save scraps for another use), or cut into 24 squares. Transfer to serving platter.

Servings: 15 hearts or 24 squares.
Active time: 1 hr., 15 min. Total time: 9 hrs.
Calories: 580 **Protein:** 6g **Fat:** 37g (15g sat.)
Chol.: 100mg **Carbs.:** 61g **Sodium:** 220mg
Fiber: 2g **Sugar:** 48g

Berry Mousse 'n' Macaron Cake

This stunner is guaranteed to please with layers of mix-easy cake, berry mousse and French macarons

1 (15.25 oz.) pkg. strawberry cake mix
3 eggs
⅓ cup oil
1 (2.7 oz.) pkg. French vanilla mousse mix, such as Dr. Oetker
¾ cup (1%) low-fat milk
2 cups fresh raspberries
1 (16 oz.) can white frosting
66 (1") store-bought unfilled pink French macarons
2 cups thawed frozen whipped topping
Edible fresh rose petals (optional)

- Heat oven to 350°F. Coat 2 (9") round cake pans with cooking spray. On low speed, beat cake mix, 1 cup water, eggs and oil until blended, 30 sec.; on medium, beat 2 min. Divide evenly between pans. Bake until toothpick inserted into centers comes out clean, 23–28 min. Let cool 15 min. Transfer from pans to racks; let cool.

- Prepare mousse mix with milk according to package directions; gently fold in 1 cup raspberries. Reserve. Transfer 1 cake layer to serving plate; spread top with berry mousse. Top with remaining cake layer; chill until firm, about 30 min.

- Spread cake top and side with frosting. Press macarons onto side of cake. Transfer whipped topping to pastry bag fitted with round tip. Decorate cake top and side with dots of topping, remaining raspberries and, if desired, rose petals.

Tip: To make your own macarons: Sift 2 cups confectioners' sugar and 1⅔ cups almond flour. On medium, beat 3 egg whites until foamy. Slowly beat in ½ cup granulated sugar until stiff. Tint to desired color. In 4 batches, gently fold in almond mixture. Transfer to pastry bag fitted with round tip; pipe 1¼" rounds on parchment-lined baking sheets. Let stand 1 hr. Bake at 300°F, 12 min.

Servings: 16. Active time: 45 min.
Total time: 3 hrs.
Calories: 500 **Protein:** 3g **Fat:** 22g (9g sat.)
Chol.: 35mg **Carbs.:** 71g **Sodium:** 270mg
Fiber: 0g **Sugar:** 51g

Triple Chocolate–Raspberry Cheesecake

Fudgy brownie mix and convenient whipped topping are the easy secrets to this dreamy dessert

1 (18.3 oz.) pkg. chewy fudge brownie mix
2 eggs
½ cup oil
2 cups raspberries
6 (8 oz.) pkgs. cream cheese, at room temp.
2 cups sugar
2 tsp. vanilla extract
2 cups thawed frozen whipped topping
6 Tbs. sifted unsweetened cocoa powder
2 (.25 oz.) envs. unflavored gelatin
¾ cup hot fudge topping, from 12-oz. jar
Raspberries, chocolate curls and mint (optional)

- Heat oven to 350°F. Coat bottom of 9"x3" springform pan with cooking spray; line bottom with round of parchment paper. Coat with cooking spray. Stir brownie mix, eggs, oil and ¼ cup water until blended. Spread in pan. Bake until toothpick inserted 1" from edge comes out clean, 30 min. Cool.

- Using spoon, mash and press 2 cups raspberries through sieve into bowl to yield ½ cup puree; reserve. On medium speed, beat cream cheese, sugar and vanilla until smooth. On low, beat in whipped topping. Transfer 3 cups to separate bowl; stir in cocoa. Spread evenly over brownie layer.

- In 1½-qt. microwave-safe bowl, mix gelatin and ¼ cup water; let stand 2 min. Microwave in 15-sec. intervals, stirring, until melted. Stir 2 cups cream cheese mixture into gelatin. Microwave in 15-sec. intervals, stirring, until smooth. Stir back into remaining cream cheese mixture. Transfer half to separate bowl; stir in puree. Keep remaining cream cheese mixture covered at room temp. Spread raspberry mixture over chocolate layer. Cover; chill 30 min.

- Spread remaining cream cheese mixture over raspberry layer. Cover; chill until firm. Stir 4 tsp. water into topping. Spread over cake. Garnish as desired.

Servings: 20. Active time: 1 hr.
Total time: 6 hrs.
Calories: 360 **Protein:** 3g **Fat:** 18g (9g sat.)
Chol.: 45mg **Carbs.:** 48g **Sodium:** 190mg
Fiber: 2g **Sugar:** 38g

Red Velvet Heart Whoopie Pies

Serve these soft, cakey sandwich cookies with a glass of cold milk or a hot cup of your favorite tea

1	cup + 2 Tbs. all-purpose flour
2	tsp. unsweetened cocoa powder
1½	tsp. baking powder
¼	tsp. baking soda
¼	tsp. salt
¼	cup + 6 Tbs. butter, at room temp.
½	cup granulated sugar
1	egg
⅓	cup buttermilk
1	tsp. red concentrated gel food coloring
1¼	tsp. vanilla extract
⅔	cup marshmallow crème
⅔	cup confectioners' sugar

● Heat oven to 375°F. Cut parchment paper to fit 2 baking sheets. Using 3" heart-shaped cookie cutter, spacing 2" apart, trace outline of 18 hearts onto parchment paper. Invert parchment paper onto baking sheets; reserve.

● In bowl, mix flour, cocoa powder, baking powder, baking soda and salt. On medium speed, beat ¼ cup butter and granulated sugar until fluffy, 2 min. On low, beat in egg, then buttermilk, food coloring and 1 tsp. vanilla. Gradually beat in flour mixture until smooth. Transfer mixture to pastry bag fitted with ½" plain tip. Pipe batter inside of heart lines. Bake until baked through in centers, about 7 min. Let cool 5 min. Transfer from baking sheets to racks; let cool completely.

● On medium, beat remaining 6 Tbs. butter, marshmallow crème, confectioners' sugar and remaining ¼ tsp. vanilla until fluffy, about 2 min. Dividing evenly, spread frosting over flat side of half of cookies; gently press on remaining cookies, flat side down.

Servings: 9. Active time: 1 hr.
Total time: 1 hr., 30 min.
Calories: 300 **Protein:** 3g **Fat:** 14g (8g sat.)
Chol.: 55mg **Carbs.:** 41g **Sodium:** 220mg
Fiber: 1g **Sugar:** 26g

Food & Photo (4)

WW FAST & HEALTHY

Quick and simple slow-cooker sensations

Macaroni and Cheese

Our lightened-up crowd-pleaser has all the ooey-gooey goodness of the classic dish, but with 35% less fat

- **1 lb. shredded (2% milk) reduced-fat cheddar**
- **3½ cups (2%) reduced-fat milk**
- **1 (12 oz.) can evaporated low-fat milk**
- **1 Tbs. brown mustard**
- **¼ tsp. salt**
- **⅛ tsp. pepper**
- **⅛ tsp. cayenne pepper**
- **1 lb. elbow macaroni**
- **8 oz. Velveeta (2% milk) reduced-fat, cut into ½" chunks**

● Reserve ½ cup cheddar. Coat 6-qt. slow cooker with cooking spray. Add milk, evaporated milk, mustard, salt, pepper and cayenne. Stir in elbow macaroni, remaining cheddar and Velveeta.

● Cover; cook on low 2 hrs. or until macaroni is tender Stir mixture until smooth. Transfer to bowl. Top with reserved ½ cup cheddar.

● Alternatively, heat broiler. Coat 10-cup baking dish with cooking spray. Transfer cooked macaroni and cheese to baking dish. Sprinkle with reserved ½ cup cheddar. Broil until golden brown, 2–3 min.

Servings: 8. Active time: 20 min. Total time: 2 hrs., 20 min.
Calories: 550 **Protein:** 32g **Fat:** 22g (13g sat.) **Chol.:** 70mg **Carbs.:** 56g
Sodium: 900mg **Fiber:** 2g **Sugar:** 14g

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Glazed Meatloaf

Chili sauce stirred into the meat mixture and brushed on top make this juicy main doubly delicious

- **1½ lbs. ground beef**
- **2 eggs, beaten**
- **½ cup plain dry breadcrumbs**
- **⅔ cup chili sauce**
- **1 small onion, grated**
- **1 Tbs. Worcestershire sauce**
- **⅛-¼ tsp. cayenne pepper**

● Coat 6-qt. slow cooker with cooking spray. In bowl, mix beef, eggs, breadcrumbs, ⅓ cup chili sauce, onion, Worcestershire and cayenne until just combined. Shape meat mixture into loaf.

● Transfer meatloaf to slow cooker. Brush with remaining ⅓ cup chili sauce. Cover; cook on low until cooked through, 2½–3 hrs. If desired, heat broiler. Line rimmed baking sheet with foil; transfer meatloaf to baking sheet. Broil until top is lightly browned, 3–4 min. Let stand 15 min. before slicing.

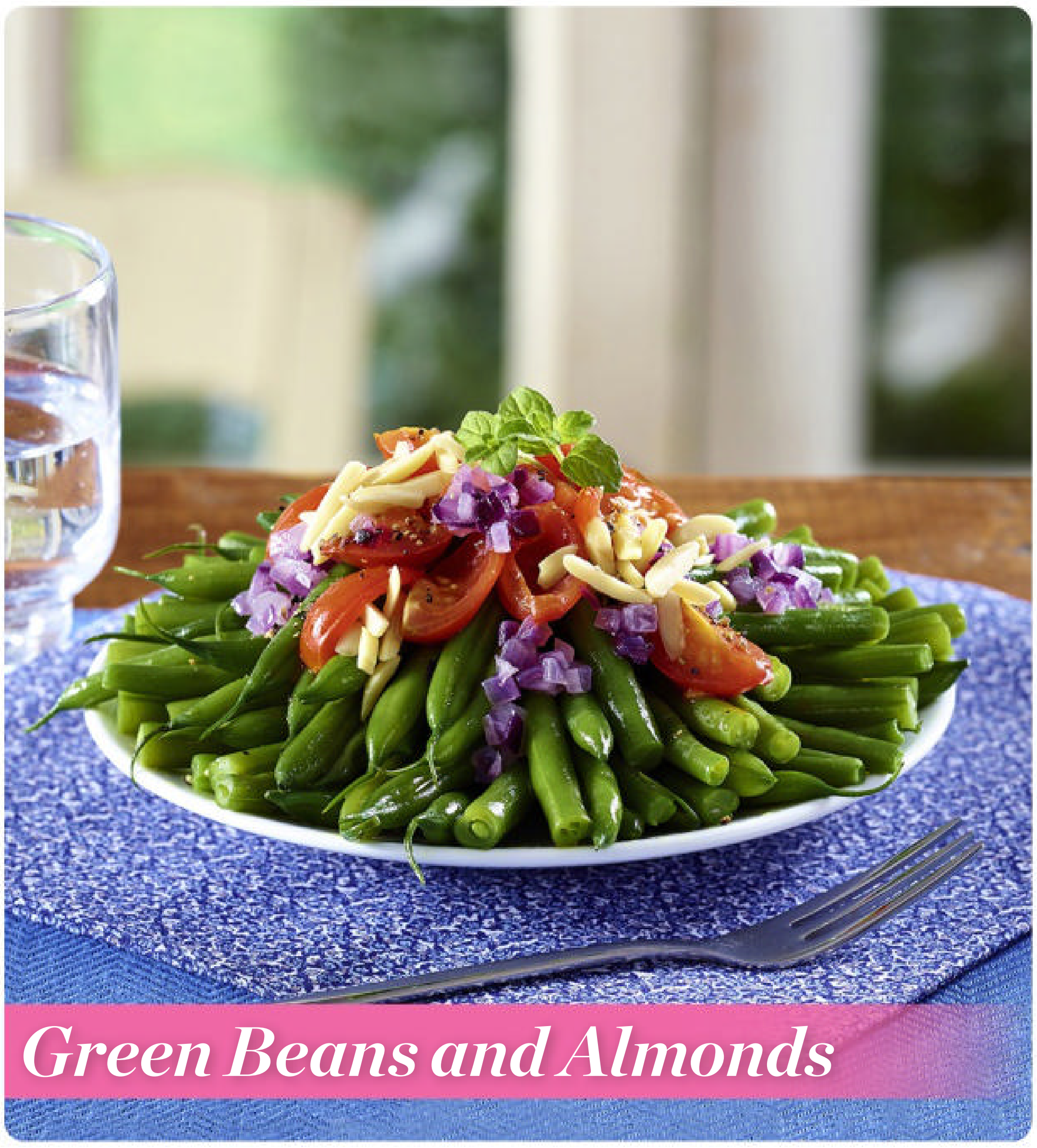
Easy variation: Make it Smoky Barbecue Meatloaf. Sub in barbecue sauce for the chili sauce and add in ½ tsp. smoked paprika. Continue with recipe as directed.

Servings: 6. Active time: 15 min. Total time: 3 hrs., 30 min.
Calories: 304 **Protein:** 23g **Fat:** 15g (6g sat.) **Chol.:** 132mg **Carbs.:** 17g
Sodium: 580mg **Fiber:** 1g **Sugar:** 7g

Romantic *mmm!*

COLLECT A MEAL WW

Strawberry Rosé Sipper



Green Beans and Almonds

Beef Stroganoff

Tuxedo Angel Food Cake

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WW COLLECT A MEAL

So fast, so delicious!

Green Beans and Almonds

Toasted nuts add just the right amount of crunch to this tasty side, while our mustard vinaigrette gives it zing

1 lb. green beans
½ cup grape tomatoes
¼ cup slivered almonds
2 Tbs. olive oil
2 tsp. apple cider vinegar
1 tsp. Dijon mustard
1 clove garlic, minced
¼ tsp. salt
⅛ tsp. pepper
2 Tbs. chopped red onion

- Halve green beans; quarter tomatoes. Bring large pot salted water to a boil; add beans. Cook until crisp-tender, 3 min. Drain; rinse under cold water until cool, 1 min. Pat dry.

- In dry skillet over medium heat, cook almonds, stirring, until toasted, 5 min.; let cool. In large bowl, whisk together oil, vinegar, mustard, garlic, salt and pepper. Add beans; toss until coated. Transfer to serving plate. Top with tomatoes, almonds and red onion.

Servings: 4. Active time: 20 min. Total time: 25 min.
Calories: 120 **Protein:** 3g **Fat:** 11g (3g sat.) **Chol.:** 0mg **Carbs.:** 8g **Sodium:** 180mg **Fiber:** 3g **Sugar:** 3g

Strawberry Rosé Sipper

Our easy-prep fruity syrup comes together in minutes—make an extra batch to drizzle over pancakes or waffles

1½ cups frozen strawberries, thawed, drained
⅓ cup sugar
½ cup triple sec
3 cups chilled rosé wine
Heart cocktail stirrers (optional)

- In food processor, puree berries; strain. In pot, mix sugar, ½ cup water and puree; over medium heat, bring to boil. Reduce heat to medium-low, cook, stirring, until sugar is dissolved, 1–2 min.; let cool.

- Divide strawberry syrup and triple sec evenly among 4 glasses. Dividing evenly, top with rosé. If desired, garnish with cocktail stirrers.

Easy variation: Make it Berry-Peach Sangria. Make syrup as directed. Sub in peach schnapps for the triple sec. In large pitcher, combine syrup, schnapps, wine and 1 cup each frozen mixed berries and frozen peaches (thawed). Cover; chill 4 hrs. Serve over ice; top with club soda.

Servings: 4. Active time: 10 min. Total time: 40 min.
Calories: 320 **Protein:** 1g **Fat:** 0g **Chol.:** 0mg **Carbs.:** 36g **Sodium:** 10mg **Fiber:** 1g **Sugar:** 34g

Tuxedo Angel Food Cake

With 4 kinds of chocolate, this treat bakes up extra decadent

1 cup cake flour
1½ cups superfine sugar
1½ cups egg whites
1 tsp. cream of tartar
¼ tsp. salt
½ tsp. vanilla extract
¼ cup dark cocoa powder
2 Tbs. grated dark chocolate
2 oz. white chocolate, melted
2 oz. semisweet chocolate, melted

- Heat oven to 325°F. Sift flour with ¾ cup sugar. On medium speed, beat next 3 ingredients until frothy, 2 min. On high, beat in remaining sugar, 1 Tbs. at a time. Beat 2 min. Beat in extract.

- In three parts, fold flour mixture into egg mixture; transfer ⅓ batter to tube pan. Fold cocoa and grated chocolate into remaining batter. Spread over plain batter. Bake until pick inserted in center comes out clean, 45 min. Let cool 10 min. Invert onto rack; let cool. Drizzle with melted chocolates. Garnish as desired.

Servings: 16. Active time: 40 min. Total time: 3 hrs., 15 min.
Calories: 152 **Protein:** 4g **Fat:** 2g (1g sat.) **Chol.:** 0mg **Carbs.:** 31g **Sodium:** 79mg **Fiber:** 2g **Sugar:** 23g

Beef Stroganoff

Onions and mushrooms cooked in butter plus a dash of sour cream create the rich sauce for this delicious dish

1 cup low-sodium beef broth
2 Tbs. steak sauce
2 Tbs. all-purpose flour
1 lb. boneless sirloin steak, cut into 2"x1" strips
¼ tsp. salt
1 Tbs. butter
1 small onion, minced
2 cups sliced mushrooms
2 Tbs. sour cream

- In bowl, whisk broth, steak sauce, flour and ⅓ cup water. Coat nonstick skillet with cooking spray; heat over high heat. Add beef and salt; cook, stirring, until browned, 2 min. Remove beef; add any pan juices to broth mixture.

- In skillet over medium heat, melt butter. Add onion; cook until soft, 7 min. Increase heat slightly. Add mushrooms; cook until golden, 5 min. Add broth mixture; cook until thick, 3 min. Reduce heat to low. Stir in sour cream and beef; cook until heated, 1 min.

Servings: 4. Active time: 30 min. Total time: 30 min.
Calories: 290 **Protein:** 24g **Fat:** 16g (7g sat.) **Chol.:** 80mg **Carbs.:** 13g **Sodium:** 710mg **Fiber:** 1g **Sugar:** 6g

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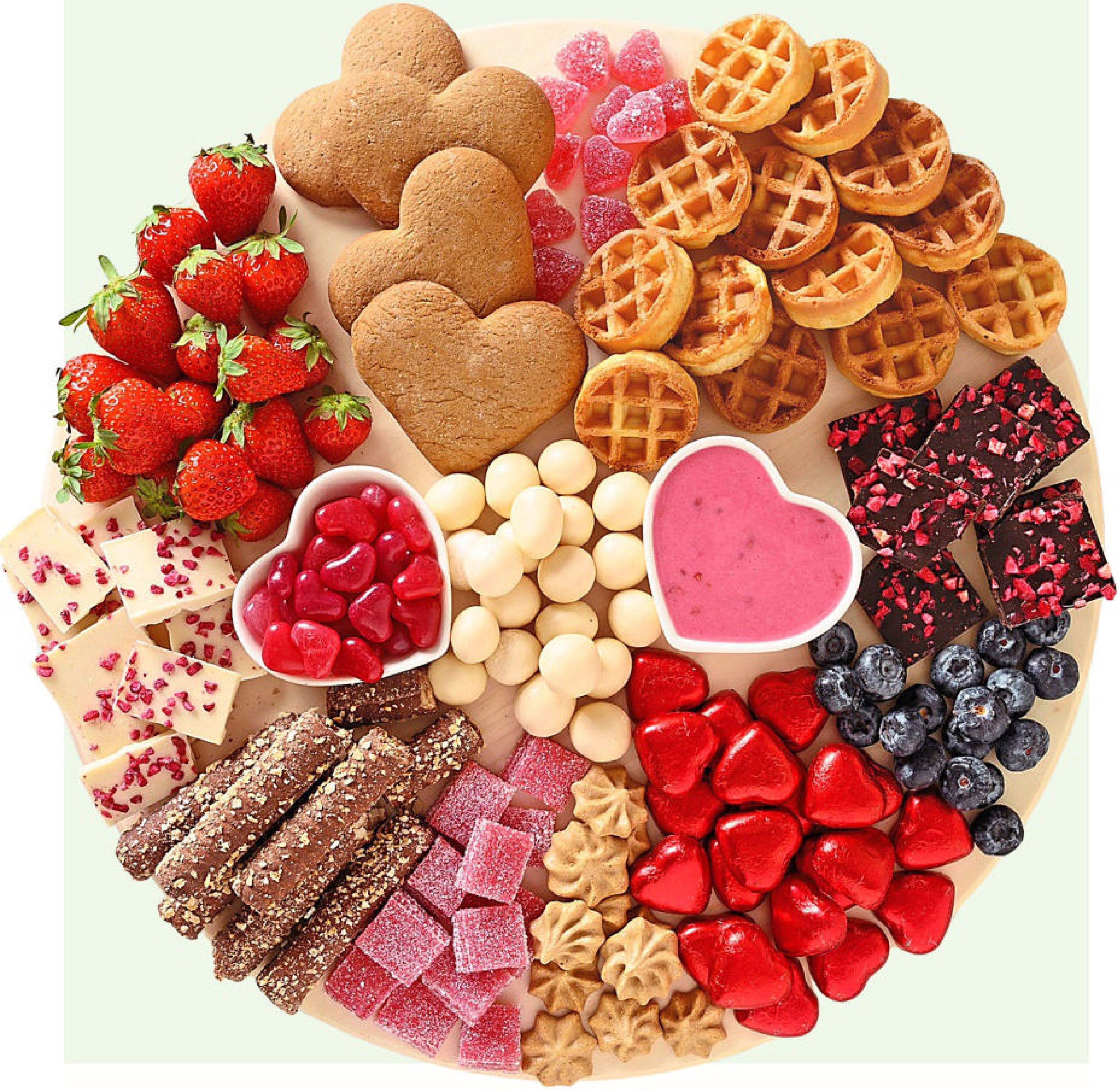
Add sweet charm with

This Valentine's Day, foodies and design pros are turning to dessert 'grazing boards' that double as decor! Here, how to make your own!



SIMPLY LOVELY BRUNCH BOARD

"Grazing boards are a surprisingly easy yet impressive way to charm loved ones at a party," says DIY pro Jeannine Rose, founder of SweetHumbleHome.com. "And for Valentine's Day, brunch boards are perfect—they're hearty enough to serve a small group and are pretty enough to act as a centerpiece!" For extra visual interest, she suggests varying heights and shapes along with simple patterns on your board. "Here, it's done with white heart-shaped bowls and a repeating triangle pattern." To do: Choose a mix of bite-size brunch bites like mini waffles (or pancakes), fresh berries, cookies, scones, chocolates and the like. Place heart-shaped bowls in the center of a round tray and fill with candies or fruit dips. Then fill the board, in triangular sections, with the brunch bites. Display the board on a tabletop.

▼ SWEET & SAVORY BOARD

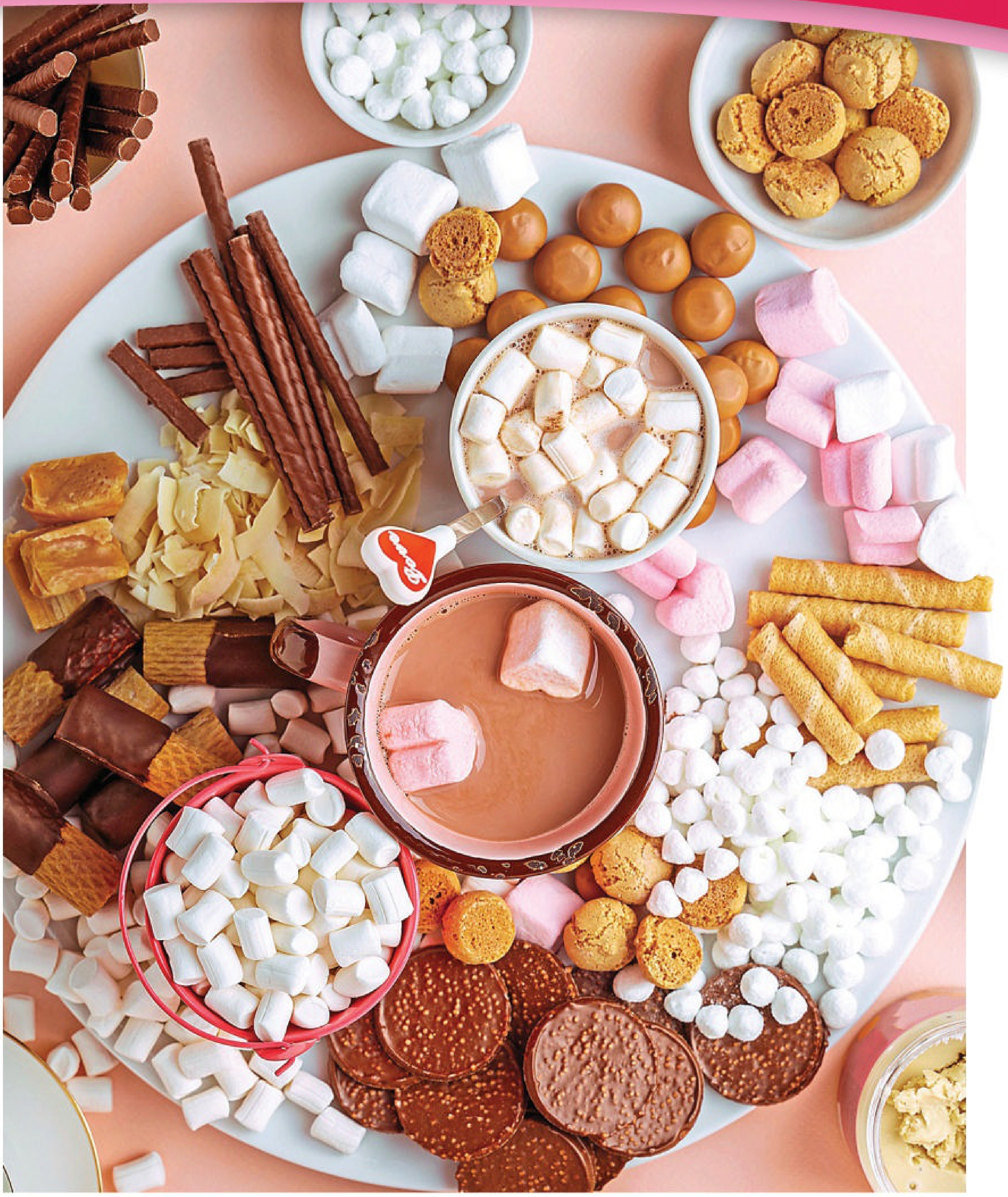
"I love making grazing boards—they showcase pretty, seasonal details while also allowing your guests to happily serve themselves," says Kate Bowler, founder of DomestikatedLife.com. "And for Valentine's Day, you can work in lots of sweet treats to balance out the savory elements." She created this board that's equal parts dazzling and delicious!

For more fun tips: Follow Kate on Instagram @domestikateblog or on Facebook at Domestikatedlife!

edible 'centerpieces'!

To do: Fill three small bowls or ramekins with jam, small candies and your favorite soft cheese; insert serving utensils into each. Place on a long tray (Kate recommends trays with a "lip" to hold ingredients securely). Next, add larger sweets like cookies and truffles. Then add cheeses and meats, always grouping like items in sections. Fill in gaps with crackers, fruit and more.

Adobe Stock (2); Kate van Geldern Bowler/DomestiKatedLife.com. Text: Melissa D'Agnese



DECADENT & COZY HOT COCOA BOARD

"Creating a themed board like this adorable hot cocoa one allows you to have fun with one flavor profile," says Rose. "And with a few festive swaps, you can adjust it for every holiday." For a cozy "Galentine's Day" spread, set up a help-yourself carafe of hot cocoa with mugs for your guests. Then grab a white platter (set on a table or surface near the carafe) and place a few tiny bowls or party-store pails (like Pink Mini Pails, $15 for 12, OrientalTrading.com) in the center. Fill pails or bowls with toppings or mix-ins like mini marshmallows, white chocolate chips, toasted coconut and peppermint sticks. Fill in with more bites, grouping into 'zones,' like wafers, crunchy chocolates, heart-shaped marshmallows and cookies. Leftover treats? Give guests to-go baggies to fill up as favors.

Your organized home

Laundry day nuisances *solved!*

Experts weigh in on easy ways to fend off stubborn odors, sidestep sock loss and soften linens—fast!

Never lose socks *with a lingerie bag*

To prevent socks from mysteriously vanishing in the wash, pin a large mesh lingerie bag to the side of your hamper so you can easily toss dirty socks inside every day. Then, when it's time to do the laundry, unpin the bag, zip it closed and throw it in the washer with the rest of the load. The porous bag will allow the socks to get clean while keeping them safely together.

Un-shrink clothes *with baby shampoo*

Argh! You accidentally put your favorite sweater in the wash and it shrunk by multiple sizes! Don't pass it on to your 5-year-old niece just yet, says fashion designer Jason Lim of TheMogan.com. "Fill a sink with lukewarm water, add a capful of baby shampoo and soak the sweater in the mix for 20 minutes—this will help relax the fibers." Next, gently stretch the sweater on a flat surface until it's back to its original shape; let air-dry flat.

Soften sheets *with aluminum foil*

"Dryer balls agitate fabric fibers, so sheets come out soft," says Melissa Maker, author of *Clean My Space.* To make your own for free, just ball up some foil. It works the same way as a dryer ball, with the added benefit of preventing static cling.

Lift lingering odors *with baking soda*

To remove stubborn smells from clothes or bedding, grab baking soda. "Unlike detergents that only mask the smell, baking soda neutralizes odor-causing chemicals on fabrics," says home expert David Cusick, editor at HouseMethod.com. "Mix ½ cup of baking soda in water and pour over dry items in the washer. Let sit overnight, then run a regular cycle on the machine in the a.m. Your fabric will come out smelling like new!"

Guarantee fluffy towels *with white vinegar*

Sure, fabric softener softens your towels, but it also contains oils that can make the fabric less absorbent. The remedy? Add ½ cup of white vinegar to your laundry's rinse cycle or to the fabric softener tray instead, suggests Natalie Barrett, supervisor for Nifty Cleaning Services. "The vinegar helps break down buildup, making the towels fluffy *and* absorbent once again."

Getty (3); Adobe Stock; Shutterstock. Text: Lindsay Bosslett

Dinner? DONE!

Come home to cozy! It's easier—and more delicious—than ever with this new 99-page special from the publishers of *Woman's World,* packed with foolproof recipes guaranteed to become new favorites!

Celebrate! with Woman's World
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Slow-cooker comfort
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SNACKS
STEWS
DESSERTS

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Pick up a copy of *Slow-Cooker Comfort* everywhere *Woman's World* is sold.

Or order online at **MagazineShop.us/SlowCooker** to have it delivered

"Help! I can't concentrate!"

With so much going on these days, it's no surprise that more than 50% of women frequently feel distracted. Here, easy ways to reclaim *your* focus

Identify why

Discover 'focus sappers'

"To help you understand what's distracting you, try stepping back to observe yourself," urges expert Gloria Mark, Ph.D. "For example, I'm a news junkie and I'll ask myself, *Why am I looking at my phone right now? Am I bored, or is the task I'm trying to complete too hard?*" If you're going on social media to avoid a dull activity, challenge yourself to do it for just 5 minutes to easily build momentum, she advises. Or if something is too daunting, focus on one small step. "These micro goals quickly snowball, boosting your concentration."

Learn *your* rhythm

Our attention span has a natural ebb and flow—for most of us, our peak hours are late morning, around 11 AM, and in the afternoon, around 3 PM, explains Mark, adding that it's important to get to know your individual rhythms through observation and a little experimentation. "Once you pinpoint your peak attention time, try to arrange your schedule so you're doing your hardest work when you're most focused—just knowing yourself will help you concentrate better."

Allow 'mindless' rewards

To boost your batteries, give yourself permission to sprinkle your day with "no-brainer" rewards. "Studies show we're happiest when doing 'mindless' activities like playing a game or watching a video," says Mark. "These rewards can help us replenish ourselves if we use them strategically." The key is having a time limit. "Just ask yourself, *Am I still getting value from this?*" In other words, giving yourself permission to play Wordle or Bejeweled once in a while can help restore your mental resources.

Find your focus

Ditch 'me time' guilt

When we're stressed, our working memory shrinks by 20%, so that 8 hours of work can take 10 hours to get through because we can't concentrate, reveals expert Chris Bailey, adding that the solution is not to do more but *less*. "We should be on a break for 20% to 25% of our day," he says. That translates to a 1-hour lunch break and two 15-minute breaks, one in the morning and one in the afternoon. "We tend to feel guilty about taking time out, but this is essential to keeping focused."

Lift brain fog with *this*

Mindfulness meditation boosts blood flow to the *prefrontal cortex* of the brain, the seat of attention and focus, explains psychiatrist Daniel Amen, M.D. One of his favorite techniques—loving-kindness meditation—is as easy as it is comforting. To do: Offer yourself well wishes, such as, *May I be peaceful; may I be calm.* Then send out those well wishes to others in the world to create a cascade of positivity that makes you feel happier, more alert and in control.

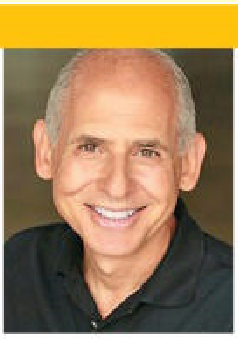
Picture the finish line

Getting in touch with your future self helps you focus in the moment, says Bailey. "Visualize how you will feel at the end of the day, week or year after accomplishing X or Y task. Will you feel relieved, less stressed, more in control?" Simply seeing how your actions will impact your happiness tomorrow helps you stay focused today.

Our expert panel

Gloria Mark, Ph.D., author of *Attention Span: A Groundbreaking Way to Restore Balance, Happiness and Productivity,* is a professor at UC Irvine.

Chris Bailey, author of *How to Calm Your Mind* and *Hyperfocus: How to Manage Your Attention in a World of Distraction,* is a productivity expert. See ChrisBailey.com.



Daniel Amen, M.D., author of the forthcoming book *Change Your Brain Every Day,* is one of America's leading psychiatrists and brain-health experts.

Getty; Shutterstock. Text: Kristina Mastrocola

Remembering the One You Love…

Love Lives On

Real Rose with 24K Gold Plating

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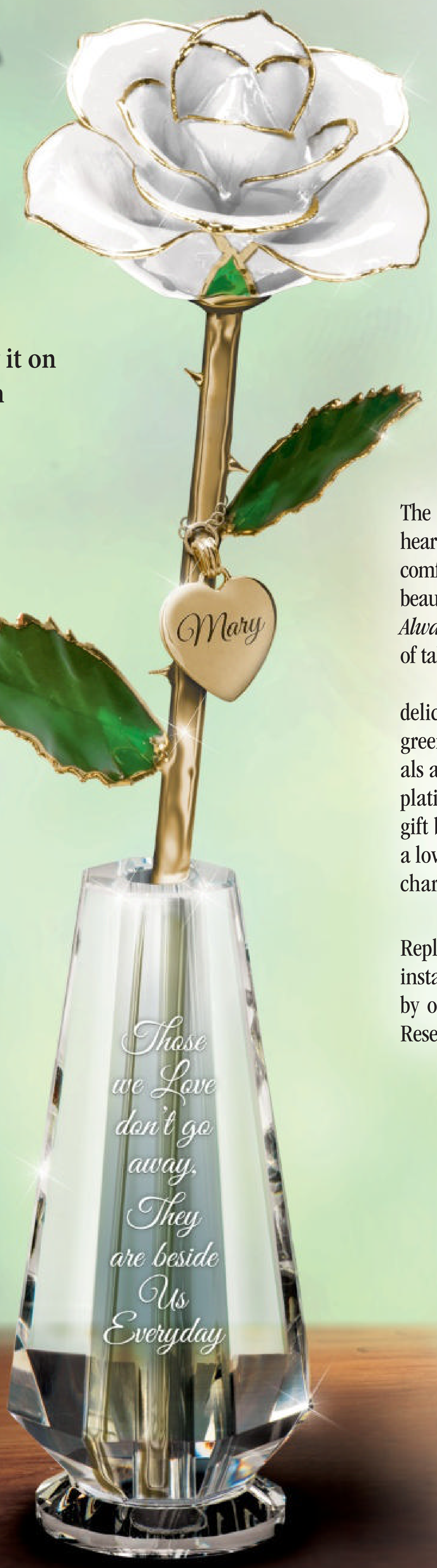
Mary

- PERSONALIZE your heart charm and display it on the 24K gold-plated stem



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The cherished memories we keep in our hearts forever help us heal from the heartache of losing a loved one. Express your everlasting love with this beautiful, comforting symbol of devotion, a genuine white rose, fresh cut at the height of its beauty and specially preserved to last forever. Each one-of-a-kind "Love Lives On" *Always in Bloom*® Real Rose undergoes more than 128 precise steps in the hands of talented botanical artisans to ensure that it will remain flawless…forever.

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Kim Rowley, 50, Pierce, NE

"I make $10k a month with *these* sales!"

Kim Rowley turned her passion for clearance shopping into a lucrative side hustle! Here's how

"As a lifelong clearance shopper, I dabbled in reselling items from stores like Costco and Walmart on eBay and via Amazon's fulfillment program. During the pandemic, I learned about liquidation pallets (they contain overstock, last year's styles, store returns, etc.) and started buying them from retailers like Target, Walmart, Costco, Bed Bath & Beyond and more for a few hundred dollars each on online auction sites.

"Before long, my garage was overflowing, so I had a 'liquidation pop-up' and sold each item for just $5. It was a hit, so I began selling at different vendor events. I was overwhelmed with the amount of customers who would show up, so I rented a vacant store to better manage the crowds.

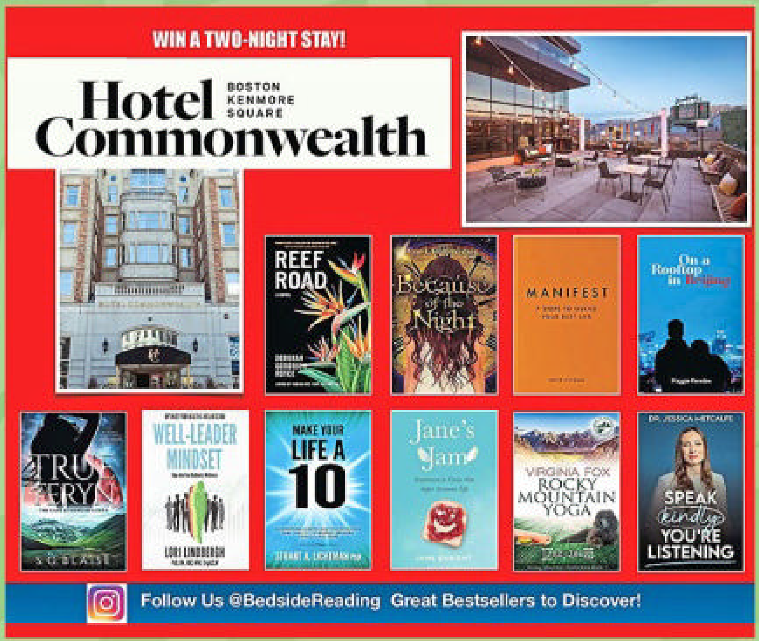
"I now hold 2-hour sales one Sunday a month. My family members come out to help me, and we sell everything from clothing to home decor. People follow our Facebook page (@LiquidationPopup) and subscribe to a newsletter to get updates. Each sale is like Black Friday! Folks line up ahead of time to be the first in line to get our deals. Since growing, I now buy truckloads of pallets from brokers.

"Each sale brings in around $10,000, which I save for retirement and use for vacations. It's important to me to give back too, so I invite local organizations to shop for free and donate raffle items for fundraisers. My favorite part is the flexibility. It's wonderful to be able to plan sales around my family's schedule!" WW

Win great prizes at WomansWorld.com/WinFeb!

Win a Bedside Reading Boston stay!

Discover a new city with one chance to win a two-night stay for two at the Hotel Commonwealth in Boston's Kenmore Square, courtesy of Bedside Reading! A $1,889 value, the prize includes a two-night stay in a Commonwealth Junior Suite, breakfast for two each morning via room service and overnight parking. And the fun doesn't stop there: The lucky winner will also receive 10 exciting books, including *Because of the Night, Reef Road, True Teryn* and *Make Your Life a 10. U.S. only. Ends 11:59* PM ET, *3/10/2023*



Win $1,000!

Complete a home renovation, splurge on clothes or save it for a rainy day…there's no wrong way to use $1,000! Simply enter for one chance to win! *U.S. only. Ends 11:59* PM ET, *2/28/2023*

Win an Easter Egg Decorator prize pack from Hey Buddy Hey Pal!

Get everyone in on the decorating fun this Easter if you're one of 12 lucky winners to snag an egg decorating prize pack from Hey Buddy Hey Pal! The prize includes one Original EggMazing Egg Decorator and one Bunny EggMazing Egg Decorator. Both hold and spin hard-boiled eggs, while included markers make colorful stripes and designs. *U.S. only. Ends 11:59* PM ET, *3/10/2023*

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Shutterstock. Text: Hannah Chenoweth

Emergency-proof your wallet!

Everyday emergencies aren't just frustrating, they can also be a major drain on your wallet! Fortunately, there are easy steps you can take now to avoid paying a bundle in the future on everyday emergencies like…

Vehicle towing

If your car breaks down, you could face a hefty towing bill just to get to the repair shop. "With hooking up, transporting and unloading, the cost can range from $75 to over $150, depending on distance and other factors," says Elizabeth Martineau-Dupuis, Director of Education at the Towing and Recovery Association of America.

The good news? Some insurance policies cover these charges. And if you recently bought a car from a dealership, it may have come with complimentary roadside or towing service. Adds Martineau-Dupuis, "Some credit cards and cellphone carriers offer roadside assistance services at a reduced or fixed cost." If you're not covered by any of these, consider adding a roadside assistance plan to your car insurance policy (they start at around $14 per year), which can save you on towing, battery jumps and other car emergencies.

Tip!

More than 24 million Americans have had their banking and social media accounts hacked—to the tune of $12,000 in losses! To protect yours, enable two-factor authentication so anyone will need two forms of validation (a password and a PIN) to get in

Getting locked out

"If you lose your house key, having a locksmith unlock the door can cost about $70 to $125," says P.J. Slauson, owner of the locksmith supply store CLKSupplies.com. "And if you call outside normal business hours, you'll likely be billed at 1.5 times those rates." Even worse, some take advantage of folks in emergencies by quoting a low price over the phone only to charge double, triple or more once they arrive.

You can avoid these high costs by finding a reputable locksmith before you need one by visiting FindALocksmith.com—they list businesses that belong to the Associated Locksmiths of America (ALOA.org). "Members pride themselves on their ethical business practices, and belonging to it lends some accountability," Slauson says. After finding one in your area, visit Yelp.com to read customer reviews, then program those you like into your phone.

Computer problems

A technician will charge $45 to $90 an hour to diagnose and repair a slow or glitchy computer. To lower your risk of needing a fix in the first place, avoid one of the most common causes of computer issues—malware—by not clicking on links from unknown sources in emails and by double-checking website addresses you visit to ensure they're safe, says Brooke Thomas, president of the Central Kentucky Computer Society. Or, she says, to fix it for free, visit APCUG2.org/locate-a-user-group to find a local computer club, a nonprofit volunteer group that educates folks about technology. Their mission is to share their enthusiasm for tech, and many are happy to fix a computer for free!

Medical mishaps

If you've got a fever, rash or other non-life-threatening medical issue, you probably know to avoid the hospital's ER because you could end up racking up thousands of dollars in medical bills. But it's also smart to avoid accidentally visiting a "freestanding ER," which is a health facility that looks like an urgent care clinic, but is a whopping 19 times more expensive—they're owned by hospitals, so you're getting charged the same sky-high prices. Instead, find a genuine urgent care clinic in your area now, then call and ask if it's actually a freestanding ER. If it's not, program the clinic into your phone so you'll always remember where to go. WW

Scam buster!

Losing heat in the winter is an emergency no one wants to face. That's why scammers will call and text saying they're from your utility company and that your bill is overdue—so you must pay them right away using Venmo or prepaid debit cards or your heat will be shut off. In reality, most companies don't turn off the heat if you have outstanding debt; they'll set up payment plans. So if you get a call or text, ignore it or check with your service provider using the number on your bill.

Getty; Shutterstock. Text: Gabrielle Lichterman

Make memories in Mount Dora!

Picturesque lakes, quiet inns and quaint downtown shops make this friendly Florida town the perfect place to enjoy relaxation

Just imagining it brings joy!

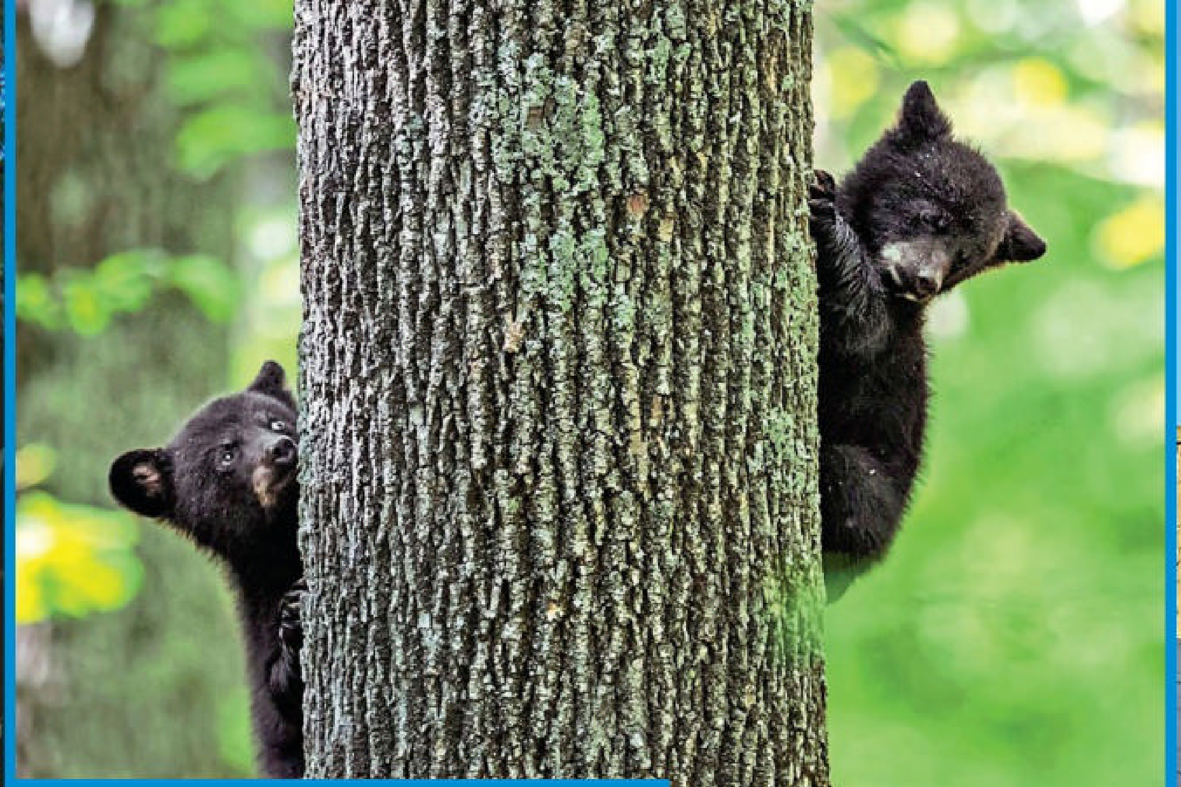
Studies show that simply looking at beautiful travel photos—like these!—releases *oxytocin* in the brain, helping you feel calm, focused and energized. It's a mini vacation for your brain!

Old Florida fun awaits in Mount Dora! Located just an hour away from Orlando, this laid-back destination offers galleries, antiques shops, lush landscapes and a plethora of tasty dining options.

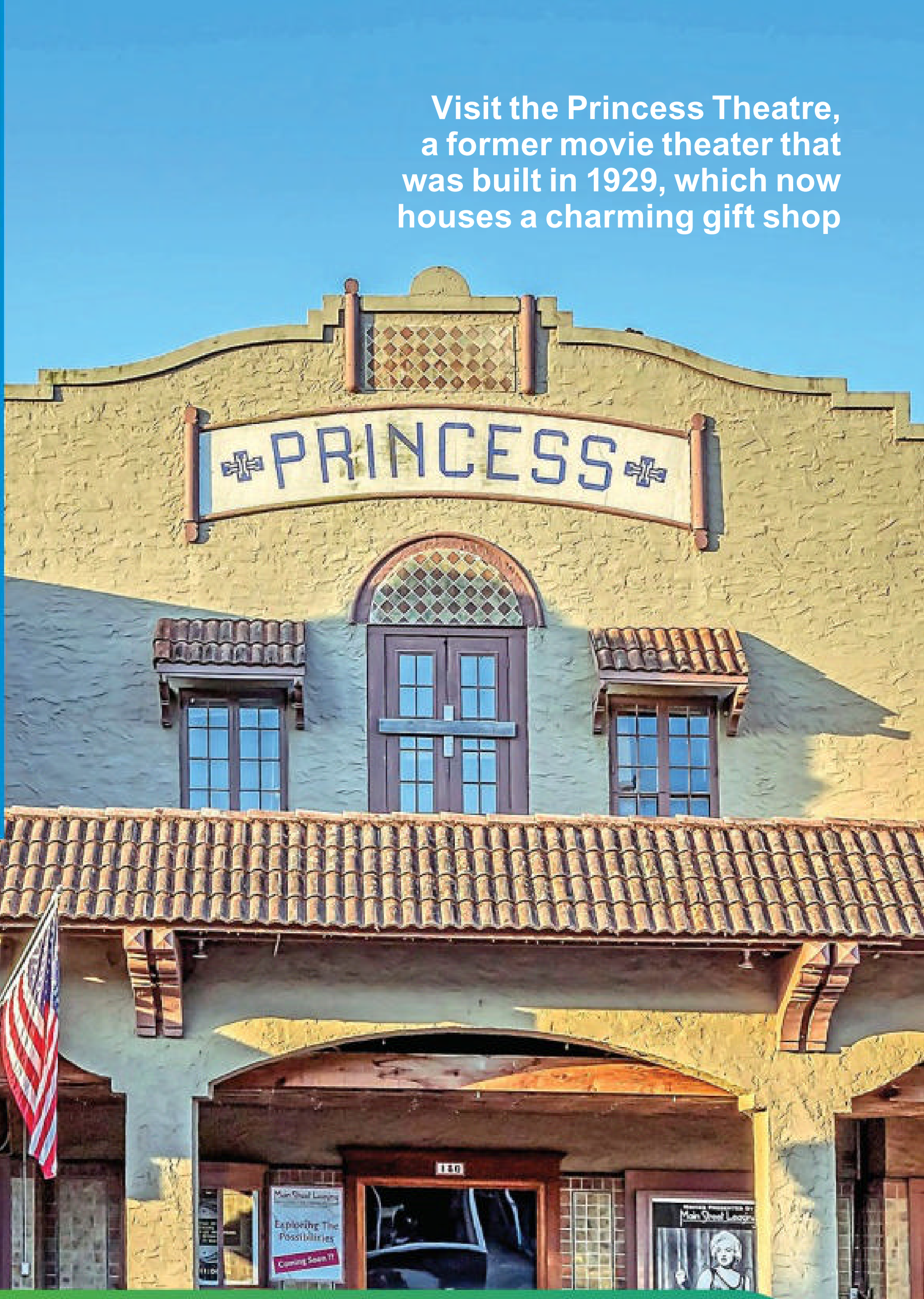
Kick off your day surrounded by unique works of art at the Modernism Museum. Explore the exhibits featuring a large collection of fine art and design (part of the studio craft movement) from iconic and influential American artists.

As lunch approaches, swing by the Goblin Market—a charming café with three book-lined dining rooms—and savor their Irish whiskey onion soup, cashew chicken sandwich or dill salmon.

When night approaches, unwind as you partake in a sunset cruise with Rusty Anchor Mount Dora. You'll have a chance to admire the waterfront, see local points of interest, spy fascinating wildlife and, of course, marvel at the colorful sky!



Keep a watchful eye for black bears, which have been long-time wild residents of the Mount Dora area



Visit the Princess Theatre, a former movie theater that was built in 1929, which now houses a charming gift shop

Shutterstock (3); Alamy (3) Text: Shay Trotter

Visit the popular Grantham Pointe Park (also called Lighthouse Park) for spectacular views of the water

TAKE A MINI VACATION—AT HOME!

Escape to Mount Dora with a sandwich inspired by the Highland Street Café and a virtual tour of a local museum

Cuban Sandwiches

- ☐ 4 Tbs. yellow mustard
- ☐ 1 loaf soft Italian bread, cut crosswise into 4 pieces, each split
- ☐ 4 oz. thinly sliced boneless pork roast
- ☐ 3 oz. deli-sliced ham
- ☐ 3 oz. sliced Swiss cheese
- ☐ ½ cup drained pickle chips

● Spread mustard over cut sides of bread. Layer next 4 ingredients over bread bottoms. Add breads tops. Coat 12" nonstick skillet with cooking spray. Add sandwiches in batches; heat over medium-low. Top with heavy skillet, pressing down lightly. Cook 5 min. Remove skillet; flip sandwiches and repeat.

Virtual tour: Mount Dora History Museum

Imagine you're walking through the Mount Dora History Museum—and learn about the town's past—with a self-guided tour online. Visit MountDoraHistoryMuseum.com/virtual-tour.

Relax with Brain Games

CROSSWORD

Well red

Use the letters highlighted in the finished puzzle to spell the name of a bird who likes to hang around for winter

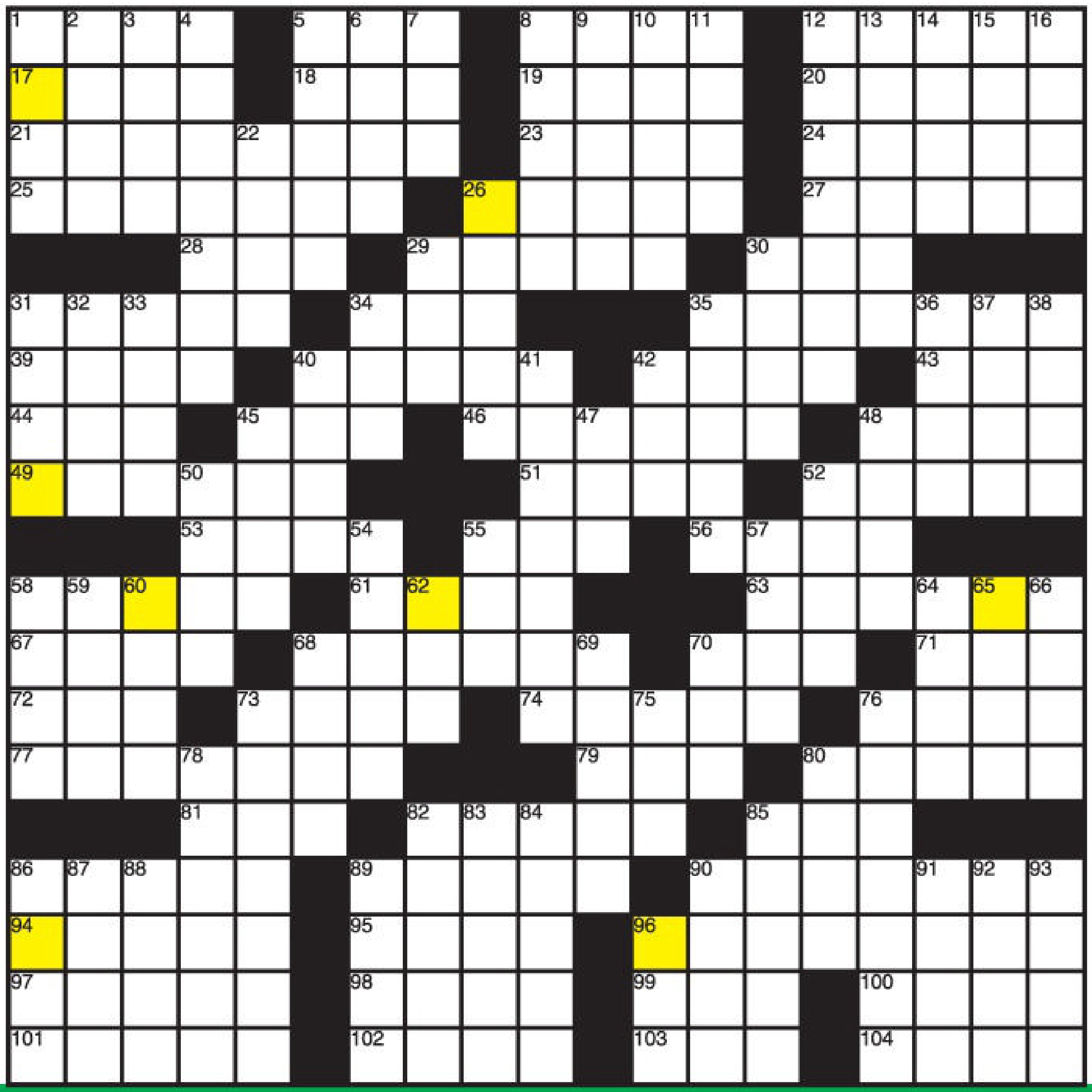
6 down

ACROSS

1 Bric-a-___
5 "Hush!"
8 Somewhat (2 wds.)
12 What you see in a window seat
17 That certain something
18 Actress Leoni of *Madame Secretary*
19 Part of the Corn Belt
20 Person with a mike
21 ___ when wet
23 Practice boxing
24 Skiing or skating
25 Quieted
26 Similar
27 Shoppers' delights
28 Salad ___
29 Female relative
30 Datebook abbr.
31 Tablets
34 Like some scientists
35 The arts, collectively
39 Words of understanding (2 wds.)
40 Pushed
42 Supervisor
43 Small vegetable
44 When the pilot is due in, for short
45 Family M.D.s
46 Overpower
48 Repairs lawns
49 ___ McDonald
51 Writes
52 Tick off
53 Quickly
55 Use an oar
56 Three musicians
58 Relative by marriage
61 Words from Wordsworth
63 Relax after a hard day
67 Invent, as a phrase
68 Minute
70 Blasting letters
71 Very
72 Time to look ahead
73 Runs out of steam
74 Freshwater fish
76 Nevada city
77 Rug cutters
79 Well-put
80 Less wild
81 Tee follower?
82 At the head of the line
85 Unruly crowd
86 Watch part
89 Small amount, in a recipe
90 Compost stuff
94 Wishful phrase (2 wds.)
95 Rice Krispies sound
96 Traveling fair
97 Beer delivery
98 Transmitted
99 Roker and Pacino
100 Robe for Caesar
101 Prepared to propose
102 "___ chic"
103 Scrooge's cry
104 Elegant water bird

DOWN

1 Low voice
2 Regulation
3 Extra dry
4 Competent
5 Have the wheel
6 Cow crowd
7 Barn bales
8 Window alternative
9 Talking point?
10 No longer sleeping
11 Truth or ___ (slumber party game)
12 Ships and such
13 Influence
14 Earth sci.
15 Used to be
16 Tennis units
22 School orgs.
26 Lent a hand to
29 Pester
30 Do a little tidying
31 Wharf
32 Which ___ say (2 wds.)
33 Tip
34 One of a couple
35 Take it easy
36 "Once ___ a time..."
37 Go back to square one
38 Unhurried
40 Beehive, e.g.
41 Withdrawal's opposite
42 London's Big ___
45 Shine
47 Handful
48 Winter forecast
50 Straight ___ arrow (2 wds.)
52 Isn't, slangily
54 Jottings
55 Sleep stage
57 Littlest piggy
58 Coffee choice
59 Stellar phenomenon
60 Security for a debt
62 To-___ (chores)
64 Big-ticket ___
65 Zero
66 Way out
68 Suffix with million
69 Cymbals sound
70 Egyptian boy king
73 Like the divers' end of the pool
75 Select
76 Long-eared pets
78 Sistine ___
80 Unable to decide
82 Like some points
83 Senseless
84 Sales slips: Abbr.
85 Bog
86 Under the weather
87 Part of a comparison
88 Wine choice
89 Head-turner
90 Apple variety
91 State with conviction
92 Wild
93 Enthusiasm
96 Metered transport



Sudoku

Fill the empty squares with the numbers 1 through 9 so that each row, column and 3x3 square contains all the numbers from 1 through 9

	4				3	2		
			8	6				7
	8				4	1		
1						4	7	
2	7	3		1		9	8	6
	9	8						1
		4	6				9	
3				2	7			
		7	9				2	

Shutterstock (2); Adobe Stock

For answers to Crossword and Sudoku, turn to pg 50

SOLVE-IT-YOURSELF **Mystery**

The cookie rescue

Drew tightened the collar of his jacket against the February cold while he looked over the boxes of Girl Scout cookies neatly stacked in his SUV and organized by household. "So that's 16 orders, starting with Mrs. Beardsley on Highland Lane until the Wagner family on Maple Avenue."

His daughter, Sophie, just 10 years old but a seasoned cookie seller now, frowned in thought as she checked each order in the inventory. "Yep," she said once finished. "That's everyone, Daddy."

"Let's hit the road."

Even though the orders were in their neighborhood, Drew had discovered that it was easier to drive Sophie around than to help her lug the cookie boxes in a red wagon—especially since Girl Scout cookie deliveries always occurred in the dead of winter.

But Drew didn't mind now that they had a routine. Every year, one week after the Super Bowl and over President's Day weekend was father-daughter cookie delivery day. Normally, the long weekend afforded a leisurely day, but this year was different. The family was going on a week's vacation in the morning, so there was much to do before they left.

At the first stop, Drew got out to help Sophie carry the large order to Mrs. Beardsley, a self-proclaimed Peanut Butter Pattie fanatic. In past years, Drew and Sophie had simply rung the bell and left the boxes by the door, but this year, they'd been instructed to personally deliver the boxes due to a recent string of thefts. Multiple online orders, left unattended, had turned up missing throughout the area.

Mrs. Beardsley answered the door, a feather duster in hand. "Cookie day!" she gasped."Best day of the year."

The two helped carry the order inside and continued on, delivering orders up and down the neighborhood streets for an hour. Pride filled Drew as he watched Sophie gather each order and deliver it, never once complaining of the cold.

Turning onto Maple Avenue, the edge of the neighborhood where tidy lawns gave way to denser trees, Drew carefully maneuvered around two potholes, a post office truck that had stopped at a mailbox and a fallen tree branch that blocked his half of the street.

Blowing on cold fingers to warm them, Drew thought about treating Sophie to a nice cup of hot cocoa when they returned home. He pulled up at their last house: the Wagners'. A family of six, the Wagners were regular customers who ordered enough boxes of Thin Mints to last the whole year.

Drew got out of the vehicle to help Sophie carry the order down the longish driveway, then knocked on the door. He stuffed his hands into the pockets of his jacket and turned away from the wind.

After a minute, he knocked again and tried the doorbell.

"They're not home," Sophie said with a sigh.

"It's okay," Drew reassured. "We can deliver these when we get back from vacation."

"But we can't!" Sophie returned. "Mr. Wagner said that their family is going to South America on a year-long mission this Saturday. The Thin Mints will go to waste."

Now it was Drew's turn to sigh. "You're certain they haven't left yet?"

Sophie nodded.

Drew scanned the driveway. It was much longer compared with other driveways in the neighborhood, and with all the evergreen trees, the porch was somewhat hidden.

"Tell you what—why don't we leave the cookie boxes on the porch?" he suggested.

"Okay, Dad."

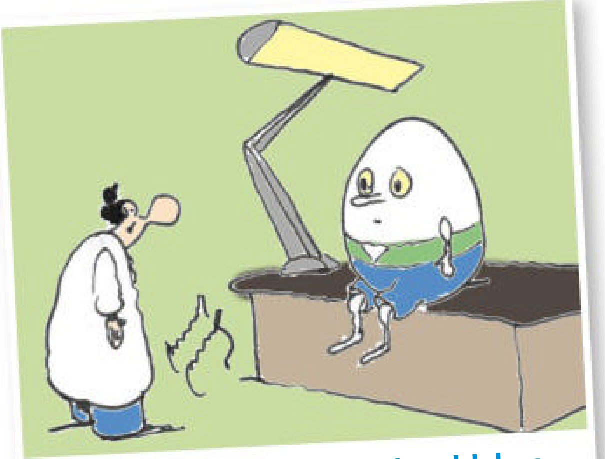
Heading home, Drew's wistful musings of sharing a cup of piping hot cocoa with Sophie slipped from his mind as he ran through a mental list of to-do's…until another, more alarming, thought popped into his mind. Quickly, he turned the car around.

Sophie frowned. "Where are we going?"

"The Wagners'. We've got cookies to save!"

—*Kendra Yoder*

Q: Why did he turn the car around?
A: Turn to pg 50



"The hot tub was a bad idea. You're now hard-boiled"

Order Up!

Can you guess which happened first, second and third?

29
USA
ELVIS
ROCK & ROLL SINGER, 1935-1977

___ **A.** The U.S. Postal Service releases a "young Elvis" stamp

___ **B.** Keri Russell stars in a new TV show, *Felicity*

___ **C.** Salt Lake City hosts the Winter Olympics

Person, Place or Thing?

Can you guess what I am?

- ☐ A lot of people come to me hoping for a big break
- ☐ My Broadway is not in New York
- ☐ I love live music
- ☐ I live in the Volunteer State
- ☐ I'm called the "Athens of the South"
- ☐ Blake Shelton opened a bar in me
- ☐ I heart honky-tonk
- ☐ Taylor Swift and Dolly Parton are some of my famous residents
- ☐ I share a name with a soap opera
- ☐ I'm home to the Grand Ole Opry

Order Up! A. 1993 B. 1998 C. 2002

Person, Place or Thing? I am Nashville

My Guardian Angel

Readers share their stories of divine intervention

7 Days of Inspiration

Take one a day and feel great all week!

Day 1
You have the biggest say in your day

Day 2
You are wonderful in at least 100 ways!

Day 3
Obstacles are meant to be looked beyond, gone around and left behind!

Day 4
You're headed in the right direction

Day 5
There is no limit to how much happiness a heart can hold

Day 6
One positive thought always leads to another!

Day 7
Are you dreaming big enough?

A forever Valentine

Thanks to the angels, *Woman's World* reader Jeannie Emser Schultz got to wish her grandma one last Happy Valentine's Day. She writes:

Valentine's Day became my favorite holiday at age 4, thanks to my grandma's first baking lesson—tiny heart-shaped tarts filled with raspberry jam. It would become an annual Valentine tradition for Grandma and me, one I'd expand, ultimately treating 150 colleagues each Valentine's Day to my all-day 'Sweets Buffet' featuring hundreds of cookies, pies, cakes and Grandma's original heart-shaped, jam-filled tarts.

December 26 through February 13 became my marathon baking period. Although I now lived hours from Grandma, I think she was secretly pleased each time I called to share new dessert recipes I'd be trying for that year, but always as an addition to her special jam-filled hearts.

One Valentine's morning, as I dressed for work, the phone rang. It was my mom. I expected her first words to be "Happy Valentine's Day!" But no. "Honey," she began "I hate to ruin your favorite holiday, but the nursing home called, and Grandma passed away this morning." "Oh no, Mom," I replied, "You're going to feel so sad when you get your mail today because I sent Grandma's Valentine to your address for you to take to her!"

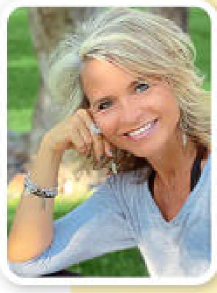
> *"My Valentine to Grandma arrived just in time!"*

"Actually, it arrived yesterday," she said. "We visited Grandma last night. She loved your card and said to wish you a Happy Valentine's Day and enjoy her jam hearts."

"So," I continued, "then both you and Auntie received your Valentines too?"

"No," she replied. "Maybe they'll arrive today." I suddenly got goose bumps. "But Mom," I said incredulously, "I mailed all three Valentines the very same time from the very same mailbox…but only Grandma's arrived early!"

"Well," my mom concluded, "I think we owe thanks to a special post office guardian angel who must have expedited Grandma's final Valentine!"



ANGEL EXPERT SUNNY DAWN JOHNSTON SAYS…

"Love never ends, it just changes forms. This has been a message I have received from the spirit world for decades, and reading Jeannie's story reminded me of the truth of those words.

"The love that Jeannie and her grandmother shared literally transcended time and allowed her grandmother to receive her last and final Valentine. This was certainly a gift from Jeannie's guardian angel to rush this one specific card through the postal system. I just love it. The beauty of this story is that the love they shared will continue to live on."

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If you have an angel story you'd like to share, please send it, along with a clear photo of yourself and your name, address and phone number to: Angels, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632, or email us at Angels@WomansWorldMag.com. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.

Sunny Dawn Johnston (SunnyDawnJohnston.com and Facebook.com/SunnyDawnJohnstonFanPage) is an internationally known angel expert. She is the author of 20 books, including *Invoking the Archangels, The Love Never Ends* and *365 Days of Angel Prayers,* as well as her latest bestselling card deck, *The Multi-Dimensional Oracle.*

Circle of kindness

Readers share little reminders of how much goodness there is in the world

"THIS STRANGER MADE MY WEDDING DAY EXTRA SPECIAL!"

Eleven days before my wedding, my florist quit her job. Most of the floral arrangements I'd planned to use consisted of artificial flowers, but I desperately wanted a bouquet of real ones. I didn't know where to turn and had little time. Then a co-worker came to the rescue with an important connection. His neighbor worked with flowers and agreed to help provide a wedding bouquet for me. I don't know how she pulled it off, but this woman delivered a lovely pale-blue bouquet to me on the morning of my wedding. Thanks to a colleague and to a woman I'd never met, I had the flowers I'd longed for on my special day.

—Allison Wilson Lee, Belle Isle, FL

"THEY HELPED MY STUDENTS' DREAM COME TRUE!"

I am a teacher, and my students have been asking me for a while if they could dissect something as part of a science project. A few months ago, I wrote a proposal for a dissection lab project that required donations to be funded. Two of my cousins donated, but the project still did not get fully funded. I hated to disappoint my students, so I decided to try submitting a proposal again. To my surprise, within one day, I received an email saying my project was fully funded! I'm overjoyed by the donations from my cousins and also all the other strangers who wanted to support my students. Thanks to their generosity, I will be able to make my students' request come true!

—Angela Parlatore, Lauderdale Lakes, FL

"KINDNESS IS BEAUTIFUL FOR BOTH GIVERS AND RECEIVERS!"

Fifteen years ago, I started a charity that I do in the winter for poor children. It began with just getting warm gloves for cold little hands, and through the kind donations of others, I was able to get several thousand pairs of gloves. I then expanded to hats and socks for these children too. It's been a beautiful experience for the givers and the receivers. As human beings we are wired for good. We just have to make sure we are always connecting with that by helping others when we can!

—Susan Fox, Weehawken, NJ

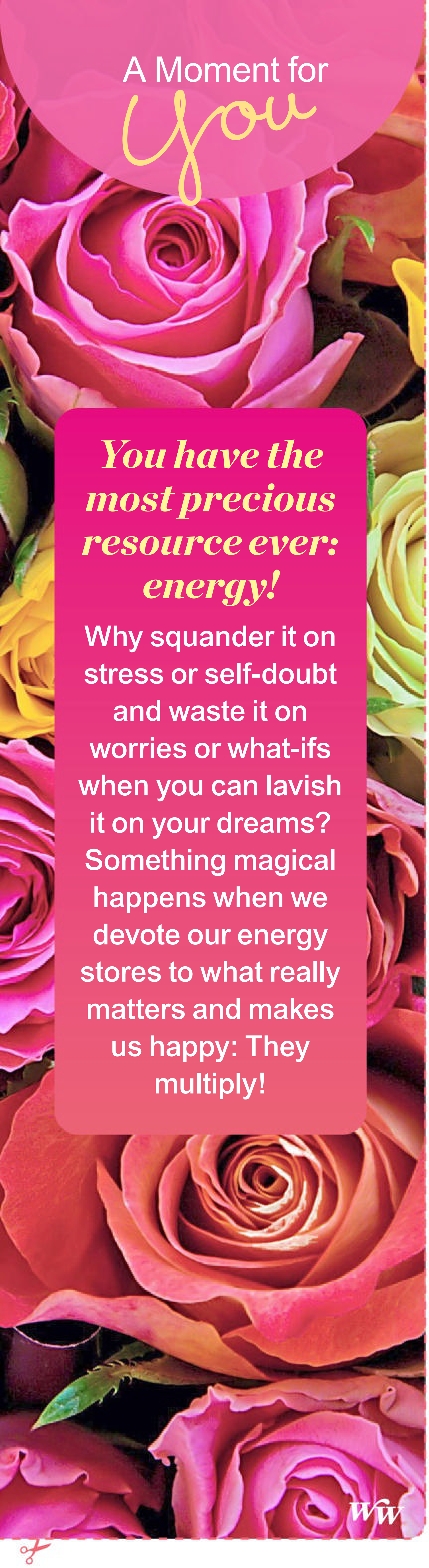
Instant ahh...

Take a moment to leave your worries behind and lose yourself in loveliness

"There is only one happiness in this life, to love and be loved"

—George Sand

Do you have an act of kindness of your own to share? We thought so! Please email it, along with your name, address and a clear photo of yourself to: CircleOfKindness@WomansWorldMag.com. Or mail it to: Circle of Kindness, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.



A Moment for *You*

You have the most precious resource ever: energy!

Why squander it on stress or self-doubt and waste it on worries or what-ifs when you can lavish it on your dreams? Something magical happens when we devote our energy stores to what really matters and makes us happy: They multiply!

WW 5-MINUTE ROMANCE

Love at first bite

When Sue starts a job in her hometown bakery, she never expects her old flame to be there—or to find a second chance at love

Sue loved retirement. She'd moved back to the small town where she'd grown up, taking in all her local favorites, including her evening stroll through the library. Yet months into her move, she felt that itch: She needed more, to fill her time and lonely days.

And that's why, one Monday morning, Sue stood beside the counter in Flowers Bakery, waiting for Bethany Tyler, the owner. As a kid, Sue had come here every Sunday with her parents for her cinnamon rolls. Then as a teen, she got her first job working behind the counter. The inside had since seen improvements, but it still smelled like baked bread and cinnamon—the scent of home.

> *"She was held captive by his smile, warmth blossoming within"*

Movement down the hall caught Sue's attention—and her breath.

"Here for the cookies?" called a gruff voice that instantly put her every nerve on edge. "I expected you at the back door," the man said, angling his head as he took her in.

Flustered by the sight of her teenage crush, Sue had trouble coming up with the words to respond. Age had been generous to Mike Flowers. The silver hair deepened the blue of his eyes, his lean body indicating that he didn't overindulge in the bakery's delicious offerings. But he was more than his looks, and always had been, even when they were teens. Well, at least it had seemed so in the few times he'd talked to her. And when he did? Her teenage self imagined hearts spinning above her head.

Sue sighed at the memory, certain those hearts had reappeared above her head from the way Mike was looking at her.

"Sorry…did you park in front?" he asked.

Sue met his gaze, her pulse racing—would he remember her? As he stood there waiting, cart overflowing with boxes of cookies, she realized that he would not, so she nodded, and ushered him to her car.

"There you go." Mike closed the trunk with a thunk. He turned to go inside when words finally returned to Sue.

"Wait," she croaked. "Where am I going with these?"

Mike turned, looking at her quizzically. "You're not from the elementary school?"

"No," Sue could feel her face heating up. "I'm actually here to see Bethany."

Getty (2)

Turn upside down for Brain

This week's Crossword solution

B	R	A	C		S	H	H		A	T	A	D		V	I	E	W	S
A	U	R	A		T	E	A		I	O	W	A		E	M	C	E	E
S	L	I	P	P	E	R	Y		S	P	A	R		S	P	O	R	T
S	E	D	A	T	E	D		A	L	I	K	E		S	A	L	E	S
			B	A	R		N	I	E	C	E		D	E	C			
P	I	L	L	S		M	A	D				C	U	L	T	U	R	E
I	S	E	E		U	R	G	E	D		B	O	S	S		P	E	A
E	T	A		G	P	S		D	E	F	E	A	T		S	O	D	S
R	O	N	A	L	D				P	E	N	S		A	N	N	O	Y
			S	O	O	N		R	O	W		T	R	I	O			
I	N	L	A	W		O	D	E	S				U	N	W	I	N	D
C	O	I	N		A	T	O	M	I	C		T	N	T		T	O	O
E	V	E		D	I	E	S		T	R	O	U	T		R	E	N	O
D	A	N	C	E	R	S				A	P	T		T	A	M	E	R
			H	E	E		F	I	R	S	T		M	O	B			
S	T	R	A	P		P	I	N	C	H		G	A	R	B	A	G	E
I	H	O	P	E		S	N	A	P		C	A	R	N	I	V	A	L
C	A	S	E	S		S	E	N	T		A	L	S		T	O	G	A
K	N	E	L	T		T	R	E	S		B	A	H		S	W	A	N

Crossword Jumble: Cardinal

Now it was Mike's face growing red. "You're the temp hire she told me about. I'm so sorry!" He held out his hand, which was warm and flour-soft to the touch. "I'm Mike Flowers, Bethany's dad. Former owner, current placeholder until she's back."

Sue shook his hand. His firm grip spoke of strength, the kind that could keep her steady if she was having a rough day. "Sue."

He angled his head again. Then his eyes widened, a knee-weakening grin spreading across his features. "Suzy-Q?"

Suddenly she couldn't move, held captive by his smile, warmth blossoming within. "I haven't been called that since—"

"Since you worked the counter and I worked the kitchen with my dad!" His hand was still in hers, his eyes locked on her.

"Sorry, Suz—I mistook you for a teacher from the school down the way."

"No problem," she smiled. "And I can still take the cookies over, if you need me to."

"You're a lifesaver. Catch up after we close?" he asked, with genuine excitement.

Her belly fluttered in anticipation.

The day passed quickly, the years working behind the counter returning like she'd never been away—as well as the palpable chemistry between herself and Mike.

Finally, he flipped the sign to *Closed,* pointing at the empty display cases. "Wow. Bethany should hire you permanently. We've never moved so much in a day."

Her cheeks warmed at the praise, and she could feel his gaze lingering on her, the heat of it like that of an open oven.

"Good thing I held back some cinnamon rolls," he grinned, taking out two plates and leading them over to a table. Conversation flowed as Mike told her about taking over his family's business and raising Bethany after his divorce.

"Well, these rolls are just as good as I remember." She eyed his untouched plate.

He slid it toward her. "I spent years perfecting them. I had the biggest crush on you, and thought if I got good enough at making them, I could bake my way into your heart…or something like that."

Sue's knees would have buckled if she hadn't been sitting. "Well, you've certainly got the recipe down."

Mike bit his lip. "But is it good enough to snag a date with the woman of my dreams?"

Sue swiped the last roll. "One more bite will tell…but I have a feeling this is the start of something sweet."

—Marcella Robinson

Games Answer Key

Games on pages 46-47

Mystery solution

Being one week after the Super Bowl, which is always held on a Sunday, Drew realized that the post office truck had no business driving about the neighborhood, since the post office was closed. Sure enough, he arrived just as the driver was loading cookie boxes into the postal vehicle without a letter in sight. Drew immediately called the police. For his help in apprehending the culprit, Sophie's troop presented Drew with an honorary Gold Award badge.

This week's Sudoku solution

7	4	5	1	9	3	2	6	8
9	3	1	8	6	2	5	4	7
6	8	2	7	5	4	1	3	9
1	5	6	3	8	9	4	7	2
2	7	3	4	1	5	9	8	6
4	9	8	2	7	6	3	5	1
8	2	4	6	3	1	7	9	5
3	6	9	5	2	7	8	1	4
5	1	7	9	4	8	6	2	3

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YOUR HOROSCOPE

For the week of Sunday, February 19, to Saturday, February 25

by Maressa Brown

PISCES Feb. 19–Mar. 20
Around the 20th, set a powerful intention related to your most heartfelt dreams. And from the same day on, you'll find talking through moneymaking opportunities with friends leads to unexpected rewards!
Your lucky days: February 19, 20, 21
Your lucky numbers: 1, 2, 3

ARIES Mar. 21–Apr. 19
From the 19th on, you'll find it effortless to prioritize pleasure and joy-filled activities. Around the same day, your dreams might be more vivid. You can easily tap into your intuition now to set ambitious new goals.
Your lucky days: February 19, 20, 22
Your lucky numbers: 1, 6, 12

TAURUS Apr. 20–May 20
You may enjoy more solo time on the 22nd. Restful self-pampering brings you bliss! Come the 24th, a tense conversation could lead to an epiphany about a long-term aspiration. You'll soon know which direction to go.
Your lucky days: February 20, 21, 22
Your lucky numbers: 2, 10, 12

GEMINI May 21–June 20
You'll find you're apt to spend more time with friends doing group activities around the 19th. Then, your mental and physical energy soar on the 23rd. Pouring both into learning something new proves fulfilling.
Your lucky days: February 21, 22, 23
Your lucky numbers: 9, 11, 18

CANCER June 21–July 22
Around the 21st, you'll get the green light to pursue personal growth through a new opportunity. Trust your gut! And on the 24th, time spent with loved ones can lead to a harmonious, memorable moment. Enjoy!
Your lucky days: February 20, 21, 24
Your lucky numbers: 2, 11, 18

LEO July 23–Aug. 22
Prepare to embark on an emotional, healing new chapter with a loved one on the 20th. The heartfelt moment strengthens your bond! And on the 24th, you'll get an invitation to step into the spotlight. Dive in!
Your lucky days: February 20, 22, 24
Your lucky numbers: 1, 3, 8

VIRGO Aug. 23–Sept. 22
Around the 20th, launch a passion project alongside a dear friend. Focusing on partnership helps you realize your vision. On the 22nd, stepping into the unknown can be as thrilling as it is fulfilling. Don't delay!
Your lucky days: February 21, 24, 25
Your lucky numbers: 6, 7, 9

LIBRA Sept. 23–Oct. 22
From the 21st on, you'll find that pairing up with a dear friend or loved one makes it possible to reach the finish line on ongoing projects. On the 22nd, hitting the gas on an exciting artistic idea feels enlivening and productive.
Your lucky days: February 19, 22, 23
Your lucky numbers: 5, 7, 16

SCORPIO Oct. 23–Nov. 21
You'll be motivated to dive into a social wellness routine on the 19th. Blending time with friends and self-care sets you up for boosted vitality! On the 25th, the stage is set to have a heartwarming time with a loved one. Enjoy it!
Your lucky days: February 20, 21, 24
Your lucky numbers: 6, 14, 16

SAGITTARIUS Nov. 22–Dec. 21
Your creative energy soars from the 19th on. Pour your emotions into an endeavor that makes your heart sing: The results will be impressive! At the same time, a heart-to-heart can set you down a healing path with a loved one.
Your lucky days: February 21, 22, 23
Your lucky numbers: 4, 5, 9

CAPRICORN Dec. 22–Jan. 19
Around the 22nd, you'll find your desire to learn takes off. Join with friends to take a class or even discuss a beloved book or film. That same day, stepping up downtime with loved ones magnifies your inner peace—and joy!
Your lucky days: February 20, 21, 24
Your lucky numbers: 3, 4, 10

AQUARIUS Jan. 20–Feb. 18
Around the 20th, kick off a new moneymaking game plan. Let your intuition lead the way, and you'll be unstoppable! On the 23rd, talk through an artistic project with friends and loved ones. What you land on will be thrilling!
Your lucky days: February 19, 22, 23
Your lucky numbers: 2, 5, 14

Happy Birthday! Year-ahead forecast for those born this week

Kristin Davis
February 23, 1965

Pisces, prepare to soar! From the latter half of the month to mid-March, the confident sun moves through your sign, helping you feel more self-assured. At the same time, the sun in your sign will pair up with dreamy Neptune, amplifying your empathic nature. While you'll be energized to care for others, be sure to carve out time for self-care too! Then, through mid-April, the sun's trip through your money zone supports your ability to pursue goals to boost your income. Around the same time, messenger Mercury also joins up with Neptune in your sign, making it easier to share your ideas. And in mid-May, go-getter Mars in your self-expression zone harmonizes with spiritual Neptune, fueling projects that bring you joy!

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— J. Fitzgerald, VA

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Even when things don't seem to be going your way, there are always choices you can make and actions you can take, and any setback you experience makes you stronger, smarter and even more prepared to succeed. Your time to shine is closer than you think!

Teen Hero

Proof that it only takes one person to make a difference

Her cards touch so many hearts on Valentine's Day!

When Ashley Stracco was in 7th grade, she recruited friends to send sweet cards to a boy spending Christmas in the hospital. His gratitude spurred her to deliver love to even more people on other holidays

"I love helping people," says Ashley *(left)* with her friend Jack *(right)*

When a cousin's friend, a 10-year-old boy named Jackson, landed in the hospital at Christmastime, something stirred in the tender heart of then seventh-grader Ashley Stracco of Hanover, Massachusetts. *The poor kid,* Ashley thought. *I wonder if there is something nice my friends and I could do for Jackson that will help him feel better?*

Ashley gave it some thought and got an idea: She tapped several dozen friends to write Jackson greeting cards. She collected 55 cards. Jackson was so happy. He said they helped make his Christmas better.

Hearing that, Ashley made a decision: *I want to keep doing this for other people!*

"What can we do to help you?" her parents, Laura and Mike, asked when she shared her plan. "We 100% support what you want to do."

The following Christmas season, Ashley brainstormed about possible recipients for a new batch of cards. She realized that older people who live in nursing homes often feel a sense of loneliness and sadness at the holidays, so Ashley decided to focus on them.

She and her dad delivered 800 cards to eight nursing homes and sang Christmas carols to residents. The response fueled Ashley's desire to grow her project. And as word spread around the community, many kids and adults joined Ashley's "Cards of Kindness" project. Christmas 2021, about 1,500 people wrote out 1,800 cards!

Seeing the recipients' joy—one elderly man used every bit of strength he had to sit up in his bed and hug her brother—Ashley decided to expand her project to include other holidays. *And what better day to spread some love than on Valentine's Day?* she thought.

Thanks to donations from local businesses, last Valentine's Day, Ashley and her friends made up 100 goody bags with flashlights, Chapstick, moisturizer, hand sanitizer, tea bags and, of course, Valentine cookies and candy. They included a heartfelt card in each bag and tied it up in heart wrapping. The Hanover Council on Aging then delivered the gifts to recipients of Meals on Wheels and to veterans.

Thank you so much; you made my day! grateful recipients wrote in thank-you notes.

After high school, Ashley, now 17, pledges to keep Cards of Kindness going.

Her parents beam with pride, touched by her big heart.

"I just love helping people," Ashley says. "There are a bunch of good things in my life, and I just like to pass it on."

—*Kellie B. Gormly*

◀ **Ashley delivered 100 love-filled gift bags to seniors and veterans last Valentine's Day**

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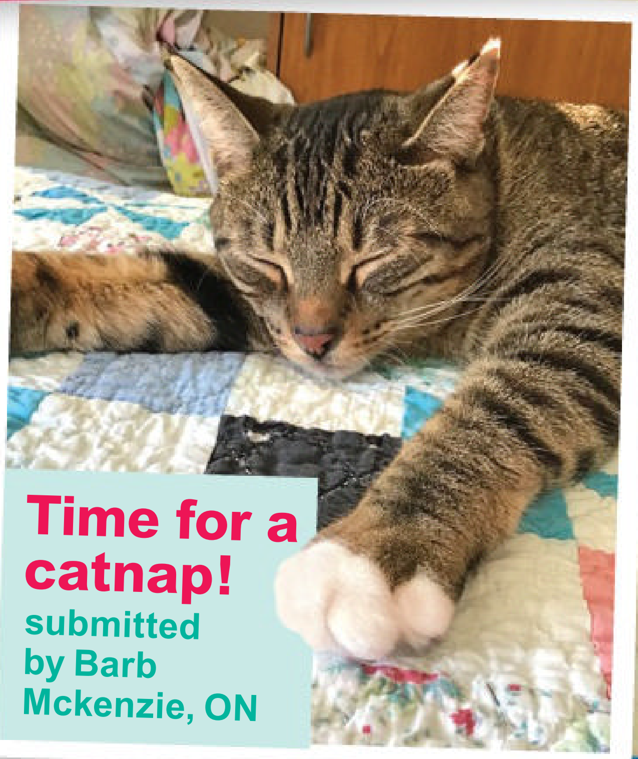
Has a person or animal come to your rescue? Email the story with your name, phone number and a photo to: WWFeatures@WomansWorldMag.com. Or mail to: Everyday Hero, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to high volume, we are unable to return submissions received.

Love & Laughter

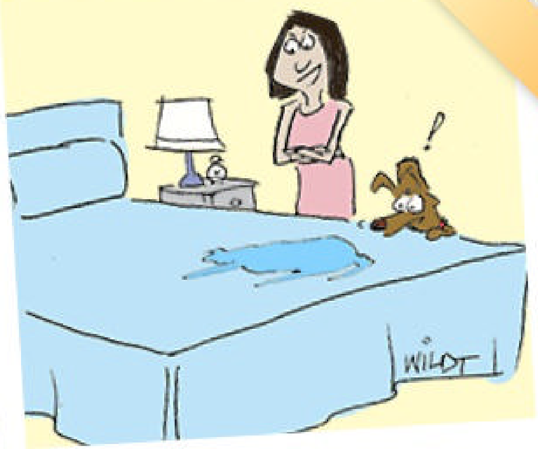
“We can’t be contained!”

Sofie and Siena, 11 months, submitted by grandma Karen Roumph, NV



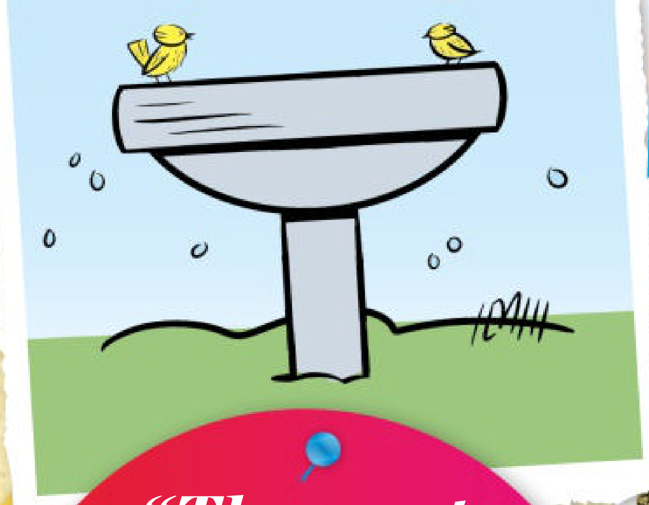
Time for a catnap!

submitted by Barb Mckenzie, ON



“I know you were just on the bed”

“It’s cold. But I don’t miss the crowds”



Getting into the swing of things!

Mikey, 13 months, submitted by Nana Eileen Mongold, WV

Was my face red!

There was a rainstorm one afternoon while I was at work as a teacher. My car was parked in an area that often flooded, so I went to move it during lunch. I cut across a grassy hill in front of the school, but the grass was so wet that I slipped and slid the whole way down! When I made it to the bottom of the hill, I glanced back at the school and saw that some of my students were standing outside and saw the whole ordeal. Boy, was my face red! *—C.R., Hoover, AL*

> *“The great thing about getting older is that you don’t lose all the other ages you’ve been”*
>
> *—Madeleine L’Engle*

“The gang’s all here!”

Evie, 2, submitted by great-aunt Sandy Welch, OR

Beaming bookworm!

Harlyn, 2, submitted by grandma Tina Merideth, FL

Send us photos of your cutest ‘babies’ and you may see them in an upcoming issue of *Woman’s World*!

Please include the name and age of the child or pet, as well as your name, address, phone number and relationship to the child or breed of the pet. Send to: Love & Laughter, *Woman’s World,* 270 Sylvan Avenue, Englewood Cliffs, NJ 07632 or email to LoveAndLaughter@WomansWorldMag.com.

By submitting your photo, you are granting *Woman’s World* permission to use it in the print magazine. Due to high volume, we are unable to return submissions received.

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I panicked- MY HAIR WAS THINNING!

Amy felt her hair was shedding and starting to look bad. She wanted to do something about it. Here is her story:

"Lately my hair started to look dull and it was shedding like crazy. It was frustrating because thick and beautiful hair makes me feel good and I didn't want to lose that.

NUTRIENTS FOR YOUR HAIR

My friend told me about Hair Volume™. I searched online and found all the positive reviews and also learned that temporary hair loss due to lack of nutrients is common. I wanted to do something good for my hair so I decided to give Hair VolumeTM a try – what did I have to lose?

3 MONTHS LATER

A few days later I started taking Hair VolumeTM, and now it has been almost 3 months. I feel so much more confident and happy that I am caring for my hair. My husband recently commented on my hair, which made me feel great. I strongly recommend this product to anyone who wants to promote healthy and full hair."

- Amy., NYC

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* Based on our Clinical Hair Volume study of which 87% of people would recommend the product Hair Volume. Reference: "Evaluation of a functional food on the quality of the hairs on a panel of volunteers", Study 15E3405, Longjumeau, France. 12.Oct.2018

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